

ITEM # 211

Directions: Take 2 tablets daily as a dietary supplement or as directed by a healthcare professional.

KEEP OUT OF REACH OF CHILDREN.
Protect from heat, light and moisture.
Store at 15-30°C (59-86°F).

DO NOT PURCHASE IF SEAL IS BROKEN.

MADE IN U.S.A.

For more info, visit us at
www.windmillvitamins.com

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Tracking #972206A2



Iron Free!

MULTI VITAMIN

WITH MINERALS & GREEN TEA

**Energy
Formula!**

**DIETARY SUPPLEMENT
60 TABLETS**

Supplement Facts Serving Size: 2 Tablets / Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin A (50% as retinyl palmitate & 50% beta-carotene)	5,000 IU	100%
Vitamin C (as ascorbic acid)	250 mg	417%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as natural d-alpha-tocopheryl succinate)	100 IU	334%
Thiamin (as thiamin mononitrate)	5 mg	394%
Riboflavin	5 mg	294%
Niacin (as niacinamide)	20 mg	100%
Vitamin B ₆ (as pyridoxine HCl)	5 mg	250%
Folate (as folic acid)	400 mcg	100%
Vitamin B ₁₂ (as cyanocobalamin)	25 mcg	417%
Biotin	300 mcg	100%
Pantothenic acid (as D-calcium pantothenate)	10 mg	100%
Calcium (as calcium carbonate)	250 mg	25%
Iodine (from kelp)	150 mcg	100%
Magnesium (as magnesium oxide)	125 mg	31%
Zinc (as zinc citrate)	15 mg	100%
Selenium (as sodium selenate)	70 mcg	100%
Copper (as copper gluconate)	2 mg	100%
Manganese (as manganese sulfate)	2 mg	100%
Chromium (as chromium dicollinate glycinate)	200 mcg	167%
Potassium (as potassium citrate)	40 mg	2%
Vanadium (as vanadium chelate)	50 mcg	*
Choline bitartrate	30 mg	*
Alpha-Lipoic acid	50 mg	*
Lutein	2 mg	*
Lycopene	2 mg	*
Resveratrol	2 mg	*
Green tea leaf extract (provides 50 mg caffeine and 90 mg epigallocatechin gallate [EGCG])	600 mg	*

*Daily value not established.

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, hypromellose, magnesium stearate, silica, PEG and hydroxypropyl cellulose.

NO ADDED SUGAR, STARCH, YEAST, WHEAT, MILK, SOY,
ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES

Help Support Your Well Being†

Manufactured by: Windmill Health Products™
6 Henderson Drive, West Caldwell, New Jersey 07006