

ITEM # 212A

Tracking #56660602

**Directions:** Take one tablet 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.**

†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.

**WARNING:** Women of childbearing age should not take 10,000 IU or more of vitamin A (from retinols) without consulting a physician.

**‡WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose call a doctor or poison control center immediately.



**NO** SUGAR, STARCH, WHEAT, MILK, ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES



# SUSTAINED RELEASE MAGNUM-75 MULTI-VITAMIN FORMULA WITH MINERALS

DIETARY SUPPLEMENT  
60 TABLETS

**Maximum Nutritional Support†**

## Supplement Facts

Serving Size: 1 tablet

|                                              | Amount Per Serving | % Daily Value |
|----------------------------------------------|--------------------|---------------|
| Vitamin A (as retinyl acetate)               | 10,000 IU          | 200           |
| Vitamin C (as ascorbic acid with rose hips)  | 250 mg             | 417           |
| Vitamin D (as ergocalciferol)                | 1000 IU            | 250           |
| Vitamin E (as di-alpha-tocopheryl acetate)   | 150 IU             | 500           |
| Vitamin B <sub>1</sub> (as thiamin HCl)      | 75 mg              | 5,000         |
| Vitamin B <sub>2</sub> (as riboflavin)       | 75 mg              | 4,412         |
| Niacin (as niacinamide)                      | 75 mg              | 375           |
| Vitamin B <sub>6</sub> (as pyridoxine HCl)   | 75 mg              | 3,750         |
| Folate (as folic acid)                       | 400 mcg            | 100           |
| Vitamin B <sub>12</sub> (as cyanocobalamin)  | 75 mcg             | 1,250         |
| Biotin                                       | 75 mcg             | 25            |
| Pantothenic acid (as D-calcium pantothenate) | 75 mg              | 750           |
| Calcium (as calcium gluconate & phosphate)   | 4.6 mg             | <1            |
| Iron (as ferrous gluconate)†                 | 4.0 mg             | 22            |
| Iodine (from kelp (Ascophyllum nodosum))     | 150 mcg            | 100           |
| Magnesium (as magnesium gluconate)           | 0.3 mg             | <1            |
| Zinc (as zinc gluconate)                     | 1.9 mg             | 13            |
| Selenium (from high selenium yeast)          | 10 mcg             | 13            |
| Manganese (as manganese gluconate)           | 0.66 mg            | 33            |
| Chromium (from high chromium yeast)          | 10 mcg             | 8             |
| Potassium (as potassium gluconate)           | 1.65 mg            | <1            |
| Choline bitartrate                           | 75 mg              | *             |
| Inositol                                     | 75 mg              | *             |
| Para-aminobenzoic acid                       | 75 mg              | *             |
| Rutin                                        | 25 mg              | *             |
| Citrus bioflavonoids                         | 25 mg              | *             |
| Hesperidin complex                           | 5 mg               | *             |
| Betaine HCl                                  | 25 mg              | *             |
| L-Glutamic acid                              | 25 mg              | *             |

\*Daily values not established

**Other ingredients:** microcrystalline cellulose, silica, stearic acid, magnesium stearate and pharmaceutical glaze.

Manufactured by: Windmill Health Products™  
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For more info visit [www.windmillvitamins.com](http://www.windmillvitamins.com)