

WINDMILL™
R_x PREMIUM™
vitamins

Men's
MULTI
VITAMIN & MINERAL
FORMULA

Help Support a Healthy
 and Active Lifestyle†

60
CAPLETS

DIETARY SUPPLEMENT



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DIRECTIONS: Take 2 caplets daily with meals as a dietary supplement, or as directed by a healthcare professional. Adults only.

UNVARNISHED

SUPPLEMENT FACTS

Serving Size: 2 Caplets / Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin A (as retinyl palmitate and 50% as 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)	60 IU	200%
Vitamin K (as phytonadione)	80 mcg	100%
Thiamin (as thiamin HCl)	25 mg	1,667%
Riboflavin	25 mg	1,471%
Niacin (as niacinamide)	25 mg	125%
Vitamin B6 (as pyridoxine HCl)	25 mg	1,250%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	25 mcg	417%
Biotin	300 mcg	100%
Pantothenic acid (as D-calcium pantothenate)	25 mg	250%
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 L-selenomethionine)	70 mcg	100%
Copper (as copper gluconate)	2 mg	100%
Manganese (as manganese gluconate)	2 mg	100%
Chromium (as chromium dinicotinate glycinate)	120 mcg	100%
Potassium (as potassium citrate)	40 mg	<2%
Boron (as boron chelate)	1 mg	*
Choline bitartrate	30 mg	*
Vanadium (as vanadium chelate)	50 mcg	*
Alpha-Lipoic acid	50 mg	*
Lycopene	3 mg	*
Lutein	2 mg	*
Green tea leaf extract (36% polyphenols)	50 mg	*
Resveratrol	2 mg	*

*Daily Value (DV) not established.

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

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

- Keep out of reach of children.
- Protect from heat, light & moisture.
- Store at 15-30°C (59-86°F).
- Do not use if seal is broken.

Manufactured and Distributed by:
 Windmill™ Health Products, 6 Henderson Dr.,
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