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Heart Healthy Multivitamin™ COMPLETE is a daily essential formula. It provides daily nutrition with added cardiovascular, immune, and antioxidant support.*

UNCONDITIONALLY GUARANTEED for purity and labeled potency. Store bottle in a cool, dry place.

Precautions: Consult a health care practitioner before use if you take warfarin or other blood thinning products, or are pregnant or nursing, have a serious medical condition, or use any medications. Avoid taking any other multivitamin unless instructed by a doctor, especially if it contains vitamin A. Side effects may include upset stomach or headache, particularly if taken without adequate food.

Keep out of reach of children.

Crominex® 3+, Capros® and PrimaVie® are registered trademarks of Natreon, Inc.

Sensori® is a registered trademark of Natreon, Inc., and the product is protected under U.S. Patent No. 7,318,938 and CA Patent No. 2,508,478.

Due to the nature of these ingredients, color variation may occur.

*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.



Cardiologist
Formulated



Overall
Health



Immune
Health

Dr. Sinatra

Heart Healthy Multivitamin™ COMPLETE

Promotes heart, immune,
and overall health plus
provides powerful
antioxidant support*



Dietary Supplement

60 Tablets

Doctor's Suggested Use: Take 2 tablets daily with a meal.

Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 30

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as beta-carotene, retinyl acetate)	900 mcg RAE	100%	
Vitamin C (as ascorbic acid)	150 mg	167%	
Vitamin D (as cholecalciferol)	100 mcg (4,000 IU)	500%	
Vitamin E (as d-tocopheryl succinate)	134 mg	893%	
Thiamine (as thiamine mononitrate)	20 mg	1,667%	
Riboflavin	20 mg	1,538%	
Niacin (as niacinamide)	30 mg	188%	
Vitamin B6 (as pyridoxal-5-phosphate)	12.5 mg	735%	
Folate (as L-5-methyltetrahydrofolate calcium)	680 mcg DFE (400 mcg folic acid)	170%	
Vitamin B12 (as methylcobalamin)	250 mcg	10,417%	
Biotin	2,500 mcg	8,333%	
Pantothenic Acid (as calcium pantothenate)	30 mg	600%	
Calcium (as dicalcium phosphate, citrate, calcium pantothenate)	50 mg	4%	
Iodine (as potassium iodide)	150 mcg	100%	
Magnesium (as magnesium oxide)	100 mg	24%	
Zinc (as zinc gluconate)	10 mg	91%	
Selenium (as L-selenomethionine)	100 mcg	182%	
Chromium (as Crominex® 3- chromium stabilized with Capros® standardized Amla Extract (fruit), PrimaVie® purified and standardized Shilajit)	200 mcg	571%	
CardioCalm Blend	400 mg	*	
Ashwagandha [†] (root and leaf)(Sensori®), Organic Horseradish Tree [†] (leaf), Organic Maca [†] (root), Holy Basil [†] (leaf), Green Tea [†] (leaf), Turmeric [†] (rhizome), Cordyceps [†] (mycelium), Organic Reishi [†] (mycelium and fruiting body) [†] Denotes Extract, [†] Denotes Powder			
Cardio Antioxidant Blend	100 mg	*	
Acai Juice [†] (Esterpe oleacea, fruit), Organic Amla [†] (fruit), Goji Juice [†] (Lycium barbarum, fruit), Pomegranate Juice [†] (arils), Acerola Juice [†] (fruit), Mangosteem [†] (fruit), Strawberry Juice [†] (fruit), Cranberry Juice [†] (fruit), Maqui [†] (Anistolia chilensis, fruit), Jaboticaba Juice [†] (Myrciaria cauliflora, fruit) [†] Denotes Extract, [†] Denotes Powder			
Trans-Resveratrol (from Japanese Knotweed root extract)	10 mg	*	
Alpha Lipoic Acid	10 mg	*	
Lutein (from marigold flower)	10 mg	*	
Red Wine Polyphenols (from grape fruit extract)	8 mg	*	
Zeaxanthin (from marigold flower)	2 mg	*	
Menaquinone-7 (Vitamin K2)	45 mcg	*	

Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, stearic acid croscarmellose sodium, vegetable magnesium stearate, maltodextrin, hypromellose, glycerin, hydroxypropyl cellulose
Distributed by Healthy Directions, Bethesda, MD 20817
www.healthydirections.com



Gluten Free



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Please see bottom of bottle for Lot No. and Expiration Date