



NATURALIST

Compare and Save One Daily Energy

Multivitamin with
Green Tea Extract (EGCG)



**Supports
Sugar Metabolism***

50 TABLETS

Dietary Supplement

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as Beta-Carotene)	2,500 IU 50%	Pantothenic Acid (as d-Calcium Pantothenate)	12.5 mg 125%
Vitamin C (as Ascorbic Acid)	60 mg 100%	Calcium (as Calcium Carbonate)	300 mg 30%
Vitamin D (as Cholecalciferol)	400 IU 100%	Iron (as Ferrous Fumarate)	18 mg 100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	30 IU 100%	Magnesium (as Magnesium Oxide)	50 mg 13%
Vitamin K (as Phytonadione)	80 mcg 100%	Zinc (as Zinc Oxide)	15 mg 100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.9 mg 127%	Selenium (as Sodium Selenate)	70 mcg 100%
Riboflavin (Vitamin B-2)	2.125 mg 125%	Copper (as Cupric Oxide)	2 mg 100%
Niacin (as Niacinamide)	25 mg 125%	Manganese (as Manganese Sulfate)	2 mg 100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2.5 mg 125%	Chromium (as Chromium Chloride)	200 mcg 167%
Folic Acid	400 mcg 100%	EGCG Epigallocatechin Gallate (from Green Tea Extract (<i>Camellia sinensis</i>) (leaf))	32 mg **
Vitamin B-12 (as Cyanocobalamin)	7.5 mcg 125%		

**Daily Value not established.

Other Ingredients: Cellulose (Plant Origin), Croscarmellose, Contains <2% of: Cellulose Coating, Dicalcium Phosphate, FD&C Blue No. 1 Lake, Gelatin (Fish and Bovine), Maltodextrin, Mannitol, Silica, Titanium Dioxide Color, Vegetable Magnesium Stearate. Contains fish (cod, pollock, haddock, hake, cusk, redfish, sole, flounder) ingredients.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

**STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT, TAMPER RESISTANT:
DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.**

*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.

DIRECTIONS: For adults, take one (1) tablet daily, preferably with a meal.

No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, artificial flavor.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

**Quality
Guaranteed
Lab Tested**
Laboratory tested to meet strict quality control standards for potency, purity and disintegration. **100% Quality Guaranteed.**

Manufactured by
Rexall Sundown, Inc.
Boca Raton, FL 33487 USA
1-888-VITAHELP
(848-2435)

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