

# Daily Multivitamin

# Top of the Line Multivitamin and Mineral Formulation

90% of Americans are lacking key nutrients in their diets. Are you?

All adults should take a daily multivitamin, according to research published in the **Journal of the American Medical Association**. The authors, two Harvard Medical School researchers who reviewed 150 scientific studies, have joined the growing list of experts who recognize the benefits of vitamins to maintain health.

A recent study determined that **90% of Americans are lacking key nutrients** in their diets. It doesn't matter whether you are male or female, young or old, athlete or couch potato; a multivitamin should be the foundation of your supplement program.

**Daily Multivitamin** is a comprehensive formula that contains "26" key vitamins, minerals, and trace elements along with Lutein, PABA, and Inositol. **Daily Multivitamin** is an iron-free product that is naturally formulated from premium quality ingredients that are gluten-free, dairy-free, and vegetarian friendly.



Item # 211  
30 Capsules

Despite extensive efforts of the government over the last 20 years to educate Americans about proper diet, today about **75% of Americans report not eating the minimum daily servings of fruits and vegetables. In fact, only 1% of Americans follow all the USDA guidelines for healthy eating.**

# Did You Know?

**Fast Food sales have increased 2,000% over the past 30 years.**

9 out of 10 Americans fall short in 11 key nutrients, including calcium, vitamin D and potassium.

A study of 43 crops showed a decline in nutrient content of up to 38% over the past 50 years.

98% of Americans do not eat the recommended amount of fruits and vegetables daily.

Why do seniors have even greater challenges nutritionally? As we age, our caloric intake decreases, thus our nutrient intake decreases. In addition, **aging decreases our ability to absorb certain essential nutrients**. These factors place the aging population at risk for deficits for such essentials as Vitamins B6, B12, D, E, Folic Acid, and Calcium.

**The simple answer is to take a daily multivitamin to supplement food intake – not to replace food, but to supplement our diets. A daily multivitamin can help insure that adults, and seniors in particular, get the nutrients they need to promote long-term health, and thus increase quality of life.**

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( Supplement Facts on reverse side )

# Daily Multivitamin Formula - Iron Free

## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin A (as 5,000 IU Beta-Carotene) (as Vitamin A Palmitate 5,000 IU)	2,250 mcg	250%
Vitamin C (as L-Ascorbic Acid)	150 mg	167%
Vitamin D3 (as 800 IU Cholecalciferol)	20 mcg	100%
Vitamin E (as 100 IU d-Alpha Tocopherol Succinate)	67 mg	447%
Thiamin (as Thiamine Mononitrate)	25 mg	2,083%
Riboflavin (as Riboflavin)	25 mg	1,923%
Niacin (as Niacinamide)	25 mg	156%
Vitamin B6 (as Pyridoxine HCl)	25 mg	1,471%
Folate (as 400 mcg Folic Acid)	667 mcg DFE	167%
Vitamin B12 (as Cyanocobalamin)	100 mcg	4,167%
Biotin	300 mcg	1,000%
Pantothenic Acid (as Calcium D-Pantothenate)	25 mg	500%
Calcium (as Calcium Citrate)	25 mg	2%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Aspartate)	10 mg	2%
Zinc (as Bisglycinate Chelate)	15 mg	136%
Selenium (as Glycinate Complex)	50 mcg	91%
Copper (as Bisglycinate Chelate)	2 mg	222%
Manganese (as Bisglycinate Chelate)	5 mg	217%
Chromium (as Nicotinate Glycinate Chelate)	150 mcg	429%
Molybdenum (as Glycinate Chelate)	150 mcg	333%
Potassium (as Potassium Aspartate)	5 mg	<1%
Choline (as Bitartrate)	10 mg	2%
Inositol	25 mg	†
PABA (Para-Aminobenzoic Acid)	10 mg	†
Lutein (from Marigold Flower Extract)	500 mcg	†

† Daily Value Not Established

**Other Ingredients:** Vegetable Cellulose Capsule, Vegetable Magnesium Stearate, Silicon Dioxide.

**Directions:** Take one capsule daily, preferably with a meal.

**Caution:** If pregnant, nursing, taking medication or have a medical condition please consult a healthcare professional before consuming.

**Keep container tightly closed and store in cool, dry place.**

**Keep out of reach of children. Contains Soybeans.**

