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Vitamins and minerals are essential nutrients because they perform hundreds of roles in the body. Eating a healthy diet remains the best way to get sufficient amounts of the vitamins and minerals you need.

Every day, your body produces skin, muscle, and bone. It churns out rich red blood that carries nutrients and oxygen to remote outposts, and it sends nerve signals skipping along thousands of miles of brain and body pathways. It also formulates chemical messengers that shuttle from one organ to another, issuing the instructions that help sustain your life.

But to do all this, your body requires some raw materials. These include at least 30 vitamins, minerals, and dietary components that your body needs but cannot manufacture on its own in sufficient amounts.

Most older people need a complete multivitamin supplement. If you think you are not making the best food choices, look for a supplement MULTIVITAMINS + MINERALS ADULTS. It is well balanced and contain 100% of most recommended vitamins and minerals.



ADULTS MULTIVITAMINS & MINERALS

Essential Multivitamins + Minerals Supplement

List of Ingredients

Each Tablet Contains
 Active Ingredients:

Vitamin A (Acetate) USP.....	4000 IU
Vitamin C (Ascorbic acid) USP.....	60 mg
Vitamin D3 (Cholecalciferol) USP.....	400 IU
Vitamin E (<i>dl</i> - α -Tocopheryl Acetate) USP.....	25 IU
Vitamin B1 (Thiamine HCl) USP.....	3 mg
Vitamin B2 (Riboflavin) USP.....	3.5 mg
Vitamin B3 (Niacinamide) USP.....	15 mg
Pantothenic Acid USP.....	8 mg
Vitamin B6 (Pyridoxine HCl) USP.....	1 mg
Vitamin B12 (Cyanocobalamin) USP.....	10 mcg
Iodine (Sodium iodide) USP.....	150 mcg
Magnesium (Oxide) USP.....	5 mg
Copper (Sulfate) USP.....	1.5 mg
Zinc (Oxide) USP.....	1 mg

List of Inactive Ingredients: Microcrystalline cellulose USP, Di-calcium phosphate dihydrate USP, PVP VA64, Magnesium stearate (Vegetable Grade) USP, Croscarmellose sodium USP, Silicon dioxide USP.

