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Vitamins are molecules required by the body in small amounts for a variety of essential processes in the body. Vitamins help your body grow and work the way it should. Vitamins have been grouped into two categories: fat soluble vitamins and water-soluble vitamins. There are 13 vitamins—vitamins C, A, D, E, K, and the B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, B6, B12, and folate).

Vitamins have a diverse range of functions in the body, including:

- » Co-factors in enzyme activity
- » Antioxidants (prevent damage from free radicals)
- » Pro-hormone (only vitamin D)

The human body needs the right “mix” of nutrients for good health, that not only means getting the right amount of carbohydrate, protein, and fat (as also called macronutrients), but also the right amount of vitamins (also called micronutrients). Micronutrients help your body use macronutrients and support many body processes. MULTIVITAMINS ADULTS is the easy way to get body’s daily vitamin needs.

ADULTS MULTIVITAMINS

Multivitamins Supplement

List of Ingredients

Each Tablet Contains
Active Ingredients:

Vitamin B1 (Thiamine HCl) USP.....	3 mg
Vitamin B2 (Riboflavin) USP.....	2 mg
Vitamin C (Ascorbic acid) USP.....	25 mg
Vitamin B3 (Niacinamide) USP.....	18 mg
Vitamin A (Acetate) USP.....	3000 IU
Vitamin D3 (Cholecalciferol) USP.....	400 IU

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.

