



High Potency One Per Day Timed Release Multi-Vitamin & Mineral

Nature's Harmony High Potency Timed Release Multi-Vitamin & Mineral has been formulated to provide complete support and fuel the body with the nutrients needed for optimal health. This formulation is designed for consumers who want the convenience and simplicity of a daily, high-potency, timed release, broad-spectrum, multi-vitamin and mineral supplement with high doses of B-complex vitamins.

PRODUCT CODE: 400664 (60 tablets);
400662 (90 tablets);
400660 (180 tablets)

HEALTH SOLUTIONS:

| RECOMMENDED USE | DOSAGE FORM | RECOMMENDATIONS |
|--|-------------|---|
| A multi-vitamin and mineral supplement enriched with antioxidants. A factor in the maintenance of good health. | Tablet | Take 1 tablet with a meal daily. Take a few hours before or a few hours after taking medications. |

DESCRIPTION:

Nature's Harmony® High Potency One Per Day Timed Release Multi-Vitamin & Mineral supplement contains beneficial quantities of twelve essential vitamins and minerals, including the d-alpha tocopheryl succinate form of vitamin E and vitamin A with mixed carotenoids. The important trace minerals selenium and chromium have been added along with eight other minerals to help maintain the proper functioning of all body systems. The addition of the lipotropic factors choline bitartrate and inositol in the formula supports cell membrane integrity, communication within the cell and the proper regulation of cell growth. Nature's Harmony® High Potency One Per Day Timed Release Multi-Vitamin & Mineral supplement is enriched with antioxidants and digestive support. Antioxidants, such as citrus bioflavonoids, protect cells from free radical damage and premature cell aging. Digestive enzymes, such as papain, help ensure that nutrients are well absorbed even with a low-functioning digestive system.

Recommended Daily Allowance : Follow a recommended daily allowance guide.

Food Sources : Fruits, vegetables, grains, meat, fish.

Causes of Deficiency: Poor eating habits, restrictive or low-calorie diet, some prescription medications, chronic stress.

Symptoms of Deficiency : Nutrition-related inflammatory or degenerative conditions, frequent infections, fatigue.

Complementary Nutrients : Works well with many supplement regimes.

HOW IT WORKS:

Many of the minerals in Nature's Harmony® High Potency One Per Day Timed Release are amino acid chelated with rice protein for maximum absorption and bio availability. The timed release formula delivers the nutrients in an enzyme-rich herbal base, ensuring maximum absorption, bioavailability and digestive support, which ultimately avoids wasteful excess nutrients in the body.

High Potency One Per Day Timed Release Multi-Vitamin & Mineral

RESEARCH:

Studies have shown that many Canadians are not getting enough vitamins and minerals from their diets. Research indicates that when organs in the body are deprived of adequate nutrients, they begin to fail. Though a multi-vitamin and mineral supplement cannot take the place of a nutrient-rich diet, healthy lifestyle choices, it can help prevent deficiency disease and premature aging, and can also reduce the risk of chronic diseases such as osteoporosis, heart disease, arthritis and cancer.

SIDE EFFECTS:

None known at appropriate individual dosages.


INTERACTIONS AND SAFETY CONSIDERATIONS:

Pregnant and breastfeeding women should consult a health care practitioner before use. There is a fairly wide margin of safety concerning vitamins and minerals. If taken as directed, a multi-vitamin and mineral supplement poses few, if any, safety concerns. People sensitive to nicotinic acid may experience flushing of skin that is generally mild and transient.

OTHER CONSIDERATIONS:

If taking any prescription medications or if considering a regimen of high-dose vitamin and mineral supplementation, individuals should consult their health care practitioner before use.

LABEL:



Formule végétarienne

Un-par-jour à haute teneur


À libération prolongée

Multivitamines et minéraux

Pour le maintien d'une bonne santé

60 comprimés
NPN 80010214

FORMULE SANS FER



Vegetarian Formula

High Potency One-Per-Day

Timed-Release

Multi-Vitamins & Minerals

For the Maintenance of Good Health

60 Tablets
NPN 80010214


IRON-FREE FORMULA

Actual Size Grandeur réelle

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTÉRIEUR EST BRISÉ.

www.naturesharmony.com
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SunOpta Inc.
6 Commerce Crescent
Aurora, ON L1T 2G3
A Proud Canadian Company
Une compagnie canadienne fière de l'être.



Usage recommandé: Un supplément multivitaminique-minéral enrichi d'antioxydants.
Dose recommandée (adultes): Prendre 1 comprimé par jour, accompagné d'un repas. Prendre quelques heures avant ou après avoir pris un médicament.
Ingédients médicinaux: Chaque comprimé contient:

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|--|---------------------------|
| Bêta-carotène | 1000 mcg/5 mg EAR/2400 IU |
| Vitamine A (palmitate) | 604 mcg EAR/2000 IU |
| Vitamine C (ascorbate de sodium) | 150 mg |
| Vitamine D3 (cholecalcérol) | 100 UI/10 mcg |
| Vitamine E (succinate de D-alpha tocophérol) | 100 I.U./67 mg AT/100 IU |
| Vitamine B1 (thiamine) | 50 mg |
| Vitamine B2 (riboflavine) | 50 mg |
| Niacine (nicotinic acid) | 25 mg |
| Macramide | 25 mg |
| Acide pantothénique (d-calciumpanthoate de calcium) | 50 mg |
| Vitamine B6 (pyridoxate de pyridoxine) | 50 mg |
| Folate (acide folique) | 400 mcg |
| Vitamine B12 (cyanocobalamine) | 100 mcg |
| Biotine | 50 mcg |
| Calcium (citrate chélaté de PVP* phosphaté) | 125 mg |
| Magnésium (oxyde chélaté) | 100 mg |
| Phosphore (phosphate de calcium, chélaté de PVP*) | 50 mg |
| Zinc (chélaté de PVP*) | 10 mg |
| Potassium (gluconate) | 8 mg |
| Quatre chélatés de PVP* | 1 mg |
| Manganèse (chélaté de PVP*) | 1 mg |
| Iode (iodure de potassium) | 100 mcg |
| Chrome (chélaté de PVP*) | 100 mcg |
| Sélénium (chélaté de PVP*) | 50 mcg |
| Biotinate de choline | 50 mg |
| Inositol | 50 mg |
| PABA (acide para-aminobenzoïque) | 50 mg |
| Bioflavonoïdes d'agrumes (Citrus aurantium, limonum, paradisi, peel) | 25 mg |
| Lecithine (huile de fèves de soya) | 15 mg |
| Chlorydrate de bétaïne | 12 mg |
| Hesperidine (Citrus limonum, paradisi, sinensis, peel) | 10 mg |
| Rutine (écorce de la fleur de Sophora japonica) | 2 mg |
| Papaine (écorce de fruit de Papaya L. carolinensis) | 2 mg |
| L-Cystéine (phosphate de L-cystéine) | 0.6 mg |
| *Résidus végétaux-hydriques | |

Ingédients non médicinaux: Lécithine, vanille, persil, agave, citron, son de riz, cellulose, stéarate végétale, stéarate de magnésium, dioxyde de silicium, hydroxypropylcellulose, nacre de perle (Riboperine™), émulsifiant pharmaceutique.

Information sur les risques: La prise d'acide nicotinique pourrait entraîner des bouffées congestives (bouffées de chaleur) chez les personnes qui sont sensibles à cet produit, en général, cet effet est léger et transitoire. Ce produit ne contient pas d'ingrédient laitier, œuf, crustacés, sulfites ni colorants artificiels.

Recommended Use: A multi-vitamin and mineral supplement enriched with antioxidants.
Recommended Dose (Adults): Take 1 tablet daily with a meal, take a few hours before or a few hours after taking medications.
Medicinal Ingredients: Each tablet contains:

| | |
|--|---------------------------|
| Beta-carotene | 1000 mcg/5 mg EAR/2400 IU |
| Vitamin A (palmitate) | 604 mcg EAR/2000 IU |
| Vitamin C (sodium ascorbate) | 150 mg |
| Vitamin D3 (cholecalciferol) | 10 mcg/400 IU |
| Vitamin E (D-alpha tocopheryl succinate) | 67 mg AT/100 IU |
| Vitamin B1 (thiamine HCl) | 50 mg |
| Vitamin B2 (riboflavin) | 50 mg |
| Niacin (nicotinic acid) | 25 mg |
| Nicotinamide | 25 mg |
| Pantothenic acid (calcium D-pantothenate) | 50 mg |
| Vitamin B6 (pyridoxine HCl) | 50 mg |
| Folate folic acid | 400 mcg |
| Biotin | 50 mcg |
| Vitamin B12 (cyanocobalamin) | 100 mcg |
| Starch | 50 mg |
| Calcium citrate, HVP chelate, phosphate | 125 mg |
| Magnesium (oxide chelate) | 100 mg |
| Phosphorus (calcium phosphate, HVP chelate) | 50 mg |
| Zinc (HVP chelate) | 10 mg |
| Potassium gluconate | 8 mg |
| Copper (HVP chelate) | 1 mg |
| Manganese (HVP chelate) | 1 mg |
| Iodine (potassium iodide) | 100 mcg |
| Chromium (HVP chelate) | 100 mcg |
| Selenium (HVP chelate) | 50 mcg |
| Choline bitartrate | 50 mg |
| Inositol | 50 mg |
| PABA (para-aminobenzoic acid) | 50 mg |
| Citrus bioflavonoids (Citrus aurantium, limonum, paradisi, peel) | 25 mg |
| Lecithin (soybean oil) | 15 mg |
| Betaine HCl | 12 mg |
| Hesperidin (Citrus limonum, paradisi, sinensis, peel) | 10 mg |
| Rutin (from Sophora japonica flower) | 2 mg |
| Papain (from Papaya carolinensis fruit) | 2 mg |
| L-Cysteine (L-Cysteine HCl) | 0.6 mg |

Non-medicinal Ingredients: Alfalfa, kelp, parsley, rosehips, watercress, rice bran, cellulose, vegetable stearate, magnesium stearate, silicon dioxide, hydroxypropylcellulose, sugar beet root (Riboperine™), pharmaceutical grade.

Risk Information: People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient. This product does not contain dairy, egg, shellfish, sulfites or artificial colours or flavours.