



Raspberry Rapture Adult Chewable Multi-Vitamin & Mineral Supplement

Nature's Harmony Adult Chewable Multi-Vitamin & Mineral has been formulated to provide complete support and fuel the body with the nutrients needed for optimal health. This great-tasting, raspberry-flavoured, chewable tablet contains no artificial colouring or flavours, is sugar free and supplies premium quality antioxidants, vitamins and minerals. A terrific formulation for individuals that have difficulty swallowing tablets.

PRODUCT CODE: 400674

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
A factor in the maintenance of good health.	Tablet	Take 2 tablets daily with food. Take a few hours before or after taking medications.

DESCRIPTION:

Nature's Harmony® Adult Chewable contains 10 mg of each of the major B vitamins. This superior formulation provides the most beneficial blend of essential vitamins and minerals, including vitamin A in both fat- and water-soluble forms, the major B vitamins with folic acid and biotin, and the natural form of Vitamin E. The important trace mineral, chromium, has been added to assist with blood sugar regulation. Nature's Harmony® Adult Chewable makes a great addition to an individual's daily supplement regimen with highly bioavailable sources of calcium and magnesium. Naturally sweetened with xylitol and stevia, this is suitable for diabetics because it will not impact blood glucose levels.

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 regimens. Excellent supplement for diabetics if used in conjunction with Type 2 Natural Assist™, Chromium Picolinate and ALA.

HOW IT WORKS:

Because a number of variables in your diet are beyond your control, such as freshness of food, soil quality and growing conditions, even a healthy, whole-foods diet may not provide you with sufficient quantities of essential nutrients. Nature's Harmony® Adult Chewable is designed to help you meet the nutritional requirements needed for optimal health and well-being.

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RESEARCH:

Studies have shown that many Canadians are not getting enough vitamins and minerals from their diet. 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, 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:

For adult use only. 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.

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:



**Supérieur
Comprimés à croquer
pour adultes**

Framboise exquise

Multivitamines
et minéraux

Un facteur dans le maintien
d'une bonne santé

90 comprimés
NPN 80006145


SANS SUCRE ET SANS FER!

Usage recommandé: Un facteur dans le maintien d'une bonne santé.
Dose recommandée (adultes): Prendre 2 comprimés par jour avec de la nourriture. Prendre quelques heures avant ou après la prise de médicaments.
Ingrédients médicinaux:

Chaque comprimé contient:	898 mcg EAR/2000 IU
Vitamine A (bêta-carotène) (palmiate)	604 mcg EAR/2000 IU
Vitamine C (ascorbate de sodium)	50 mg
Vitamine D (cholecalcérol)	5 mcg/200 IU
Vitamine E (succinate de D-alpha tocoféryle)	67 mg AT/100 IU
Vitamine B1 (chlorhydrate de thiamine)	10 mg
Vitamine B2 (riboflavine)	10 mg
Vitamine B3 (niacinamide)	10 mg
Vitamine B6 (chlorhydrate de pyridoxine)	10 mg
Folate (acide folique)	400 mcg
Vitamine B12 (cyanocobalamine)	15 mcg
Biotine	100 mcg
Acide pantothénique (D-pantothénate de calcium)	10 mg
Calcium (citrate)	65 mg
Chrome (chélate de PVP)	50 mcg
Cuivre (chélate de PVP)	1 mg
Iode (iodure de potassium)	50 mcg
Magnésium (citrate)	50 mg
Manganèse (gluconate)	1 mg
Molybdène (chélate de PVP)	10 mcg
Sélénium (chélate de PVP)	50 mcg
Vanadium (chélate de PVP)	10 mcg
Zinc (oxyde)	2.5 mg

* Protéine végétale hydrolysée
Ingédients non médicinaux: xylitol, cellulose microcristalline, stéarine végétale, acide citrique, stéarate de magnésium, arômes naturels, colorant naturel (poudre de jus de betterave), stévia, dioxyde de silicium, racine de betterave (Riboperine™).

Information sur les risques: Pour adultes seulement. Consulter un praticien de soins de santé avant d'en faire l'usage si vous êtes enceinte ou allaitante.
Ce produit ne contient aucun ingrédient laitier, œuf, gluten, crustacés, sulfites, ni colorants, arômes ou agents de conservation artificiels.



**Superior
Adult Chewable
Raspberry Rapture**

Multi-Vitamins
& Minerals

A Factor in the Maintenance
of Good Health

90 Tablets
NPN 80006145

SUGAR & IRON-FREE!


Actual Size
Grandeur réelle

STORE IN A COOL DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.
RANGER DANS UN ENDROIT FRAIS
ET SEC. TENIR HORS DE LA PORTÉE
DES ENFANTS.

DO NOT USE IF SEAL UNDER CAP IS BROKEN.
NE PAS UTILISER SI L'ÉTOILELLE INTÉRIEURE EST BRISÉE.

www.naturesharmony.com
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