



# Superior One Per Day Iron Free

*Nature's Harmony® Superior One Per Day Iron Free is a balanced multi-vitamin and mineral supplement that is an important factor in the maintenance of good health.*

PRODUCT CODE: 400682

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
As a factor in the maintenance of good health.	Vegetarian Capsule	Take 1 capsule daily with a meal. Take a few hours before or a few hours after taking medications.

## DESCRIPTION:

A superior-quality multi-vitamin and mineral supplement for adults who want a premium supplement free of iron with extra chromium, full B-complex, potent antioxidant protection, vitamin E and selenium.

**Recommended Daily Allowance :** Dosage for all nutrients in this formula varies, depending on age.

**Food Sources :** Varies depending on nutrient.

**Causes of Deficiency:** Varies depending on nutrient.

**Symptoms of Deficiency :** Varies depending on nutrient.

**Complementary Nutrients :** Omega 3-6-9.

## HOW IT WORKS:

Multi-vitamin and mineral supplements provide a balanced dose of the basic vitamins and minerals in amounts that pose little or no risk of overdosing on any one nutrient. This supplement is iron free, important for those who do not need iron.



## DID YOU KNOW...

*Many studies indicate that most diets, even healthy ones, fall well below the Recommended Dietary Allowance for many nutrients.*

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## RESEARCH:

The use of a multi-vitamin supplement is supported by a comprehensive report issued by the Council for Responsible Nutrition. The report found that ongoing use of multi-vitamins and minerals demonstrated a quantifiable positive impact in areas ranging from strengthening the immune system of highly vulnerable elderly patients to drastically reducing the risk of neural tube birth defects such as spina bifida. This report was written based on the review of a decade's worth of the most scientifically significant studies measuring the health benefits of multi-vitamins and other nutritional supplements. One of the report's findings states, "The routine use of multi-vitamin and mineral supplements by the elderly could improve immune function and thus reduce infectious disease, potentially cutting in half the total number of days they are sick."

## SIDE EFFECTS:

This formula is generally safe at the recommended dose.

## INTERACTIONS AND SAFETY CONSIDERATIONS:

Individuals currently on prescription medications or with a health condition should seek the advice of a health care practitioner before use.

## OTHER CONSIDERATIONS:

Pregnant women, breastfeeding mothers and children should not use this supplement without medical supervision.

## LABEL:

**Formule végétarienne**

**Natures Harmony**

**Supérieure Une-par-jour**

Multivitamine et minéraux

Un facteur dans le maintien d'une bonne santé

60 capsules végétales  
NPN 80005932

**FORMULE SANS FER**

**Usage recommandé:** Un facteur dans le maintien d'une bonne santé.

**Dose recommandée (adultes):** Prendre 1 capsule par jour, accompagnée d'un repas. Prendre quelques heures avant ou après avoir pris un médicament.

**Ingédients médicinaux:** Chaque capsule contient:  
 Bêta-carotène..... 450 mcg EAR/900 mcg/3000 UI  
 Vitamine A (palmitate)..... 600 mcg EAR/2000 IU  
 Vitamine C (ascorbate de calcium)..... 100 mg  
 Vitamine D3 (cholecalcérol)..... 5 mcg/200 IU  
 Vitamine E (succinate de diéthyle tocoféryl)..... 50 mg AI/75 UI  
 Vitamine B1 (thiamine hydrochloride)..... 25 mg  
 Vitamine B2 (riboflavine)..... 25 mg  
 Vitamine B3 (niacine)..... 25 mg  
 Vitamine B6 (pyridoxine hydrochloride)..... 25 mg  
 Folate (acide folique)..... 400 mcg  
 Vitamine B12 (cyanocobalamine)..... 25 mcg  
 Acide pantothénique (D-pantothénate de calcium)..... 25 mg  
 Calcium carbonate, citrate..... 125 mg  
 Iode (iodure de potassium)..... 50 mcg  
 Magnésium (oxyde, citrate)..... 50 mg  
 Zinc (citrate)..... 5 mg  
 Sélénium (sulfate de NPN)..... 50 mcg  
 Manganèse (glycérate)..... 1.5 mg  
 Chrome (sulfate de NPN)..... 100 mcg  
 Molybdène (sulfate de NPN)..... 25 mcg  
 Potassium (citrate)..... 25 mg  
 Vanadium (sulfate de NPN)..... 25 mcg  
 Protéine végétale hydrolysée

**Ingédients non médicinaux:** cellulose, stéarate de magnésium.

**Information sur les risques:** Consulter un praticien de soins de santé avant d'en faire l'usage si vous êtes enceinte ou allaitante. Ce produit ne contient pas d'ingrédients laitiers, œuf, gluten, crustacés, sulfites ni colorants ou arômes artificiels.

**Recommended Use:** A factor in the maintenance of good health.

**Recommended Dose (Adults):** Take 1 capsule daily with a meal. Take a few hours before or a few hours after taking medications.

**Medicinal Ingredients:** Each capsule contains:  
 Beta-carotene..... 450 mcg RAE/900 mcg/3000 IU  
 Vitamin A (palmitate)..... 600 mcg RAE/2000 IU  
 Vitamin C (calcium ascorbate)..... 100 mg  
 Vitamin D3 (cholecalciferol)..... 5 mcg/200 IU  
 Vitamin E (d-alpha-tocopheryl succinate)..... 50 mg AI/75 IU  
 Vitamin B1 (thiamine HCl)..... 25 mg  
 Vitamin B2 (riboflavin)..... 25 mg  
 Vitamin B3 (niacinamide)..... 25 mg  
 Vitamin B6 (pyridoxine HCl)..... 25 mg  
 Folate (folic acid)..... 400 mcg  
 Vitamin B12 (cyanocobalamin)..... 25 mcg  
 Pantothenic acid (D-calcium pantothenate)..... 25 mg  
 Calcium (carbonate, citrate)..... 125 mg  
 Iodine (potassium iodide)..... 50 mcg  
 Magnesium (oxide, citrate)..... 50 mg  
 Zinc (citrate)..... 5 mg  
 Selenium (NPN sulfate)..... 50 mcg  
 Manganese (glycerate)..... 1.5 mg  
 Chromium (NPN sulfate)..... 100 mcg  
 Molybdenum (NPN sulfate)..... 25 mcg  
 Potassium (citrate)..... 25 mg  
 Vanadium (NPN sulfate)..... 25 mcg  
 Hydrolyzed Vegetable Protein

**Non-medicinal Ingredients:** Cellulose, Non-medicinal Ingredients: Cellulose, Magnesium stearate.

**Risk Information:** Consult a health care practitioner prior to use if you are pregnant or breastfeeding. This product does not contain dairy, egg, gluten, shellfish, sulfites, or artificial colours or flavours.

Actual Size  
Grandeur réelle

4008201-03

STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN. RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE PORTÉE DES ENFANTS. DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'ÉPOUILLE INTÉRIEURE EST BRISÉE.

[www.naturesharmony.com](http://www.naturesharmony.com)  
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A Proud Canadian Company  
Une compagnie canadienne fière de l'être.

**F.P.O. - 80%**  
UPC CODE TO BE ON FRONT LABEL 4

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