



Superior One Per Day with Iron

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

PRODUCT CODE: 400680

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 medication.

DESCRIPTION:

A superior-quality multi-vitamin and mineral supplement for adults who want a premium supplement with iron, 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 includes iron, which should be taken only by those with a need for extra 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 for people who require iron supplementation. The toxicity of iron is low, and harmful effects of daily intakes of up to 75 mg in healthy individuals are unlikely. It is possible, though rare, to get too much iron, leading to a condition known as hemosiderosis.


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:



Supérieur Une-par-jour

Multivitamines et minéraux

Un facteur dans le maintien d'une bonne santé

60 capsules végétales

AVEC FER

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

Dose recommandée (adultes): Prendre 1 capsule par jour avec un repas. Prendre quelques heures avant ou après avoir pris un médicament.

Ingédients médicinaux:

Chaque capsule contient:	1500 mcg/2500 IU
Bêta-carotène	1500 mcg/2500 IU
Vitamine A (palmate)	755 mcg EAR/2500 IU
Vitamine C (ascorbate de calcium)	100 mg
Vitamine D3 (dihydrocalciférol)	200 IU/5 mcg
Vitamine E (ascorbate de D-alpha-tocophérol)	50,25mg AT/75 IU
Vitamine B1 (thiopyridate de thiamine)	25 mg
Vitamine B2 (riboflavine)	25 mg
Niacinamide	25 mg
Acide panthothénique (D-pantothénate de calcium)	25 mg
Vitamine B6 (chlorhydrate de pyridoxine)	25 mg
Folate (acide folique)	400 mcg
Vitamine B12 (cyanocobalamine)	50 mcg
Calcium (ascorbate, carbonate, citrate)	125 mg
Magnésium (citrate, oxyde)	50 mg
Potassium (citrate)	25 mg
Fer (fumarate ferreux)	10 mg
Zinc (citrate)	5 mg
Manganèse (gluconate)	1,5 mg
Chrome (PVP chélate)	100 mcg
Iode (iodure de potassium)	50 mcg
Sélénium (PVP chélate)	50 mcg
Molybdène (PVP chélate)	25 mcg
Vanadium (PVP chélate)	25 mcg
Moine végétarienne	


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

Information sur les risques: Ne pas utiliser si vous êtes enceinte ou allaitante.

Ce produit ne contient pas d'ingrédient laitier, œuf, gluten, crustacés, sulfites ou colorants, arômes ou agents de conservation artificiels.

⚠️ Avertissement: Ce contenant contient assez de fer pour causer des torts sérieux à un enfant.

RANGER DANS UN ENDROIT FRAIS ET SEC. GARDER HORS DE PORTÉE DES ENFANTS.



Superior One-Per-Day

Multi-Vitamins & Minerals

A Factor in the Maintenance of Good Health

60 Vegetable Capsules

WITH IRON


Actual Size Grandeur réelle

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

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