

INGREDIENTS

Vitamin A 800mcg 100% RDA
Vitamin D 5mcg 100% RDA
Vitamin E 10mg 100% RDA
Vitamin C 60mg 100% RDA
Thiamin (Vit B1) 1.4mg 100% RDA
Riboflavin (Vit B2) 1.6mg 100% RDA
Niacin 18mg 100% RDA
Vitamin B6 2mg 100% RDA
Pantothenic Acid 6mg 100% RDA
Folic Acid 200mcg 100% RDA
Vitamin B12 1mcg 100% RDA
Biotin 0.15mg 100% RDA
Iron 14mg 100% RDA
Zinc 15mg 100% RDA
Iodine 150mcg 100% RDA
Calcium 160mg 15% RDA
Magnesium 75mg 25% RDA

NATURESBOND 

Multi-Vitamins plus Minerals

180 TABLETS

FOOD SUPPLEMENT

DIRECTIONS

Take one tablet a day with food.
*RDA: Recommended Daily Allowance.

CAUTION

This supplement contains a specially balanced combination of all the essential vitamins and iron for healthy hair, skin and nails, strong bones and teeth and also maintain vitality, fitness and health.

STORE IN A COOL DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.
DO NOT EXCEED THE STATED DOSE.
DO NOT TAKE SUPPLEMENTS AS A
SUBSTITUTE FOR A VARIED BALANCED
DIET.



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