

Wachters' On-the-Go!

More and more people are caught in the dilemma of trying to balance the demands of their lives with the nutritional requirements needed to stay healthy. Fast food and convenience foods become the easy alternative to wholesome nutritious meals. When that happens, our health deteriorates and we get sick.

Wachters' Once-A-Day Multi-Vitamin is our superior multiple vitamin and minerals combination for those who prefer not to take several tablets. This product also contains 100% of the RDA of Folic Acid, an essential aid in the prevention of neural-tubular defects in infants.

No. 38

Multi-Vitamin with Minerals

With Iron - Product Code: 5250 – 30 tablets.
Without Iron – Product Code: 5251 – 30 tablets

Ingredients include:

Vitamin A – 5000 I.U. – 100% RDV; **Vitamin C** – 150 mg – 250% RDV; **Vitamin D** – 400 I.U. – 100% RDV
Vitamin E – 50 I.U. 166% RDV; **Thiamin (B¹)** – 50 mg – 3300% RDV; **Riboflavin B²** – 50 mg – 2940% RDV;
Niacin (B³) – 55 mg – 275% RDV; **Vitamin B⁶** – 50 mg -2500% RDV; **Folate (as folic acid)** – 400 mcg – 100% RDV;
Vitamin B¹² -50 mcg – 830% RDV; **Biotin** – 300 mcg – 100% RDV; **Pantothenic Acid** – 50 mg – 500% RDV;
Calcium – 60 mg – 5% RDV; **Iron** (as Ferronyl®) – 9 mg – 50% RDV; **Magnesium** – 30 mg – 7.5% RDV;
Zinc – 3.75 mg – 25% RDV; **Selenium** – 50 mcg – 71% RDV; **Copper** – 500 mcg – 25% RDV;
Manganese – 1.5 mg – 75%; **Chromium Complex** – 50 mcg – 42%; **PABA** – 25 mg – no RDV;
Choline Bitartrate – 25mg – no RDV; **Inositol** – 25 mg. – no RDV.

Plus a Proprietary Blend of Wachters' Exclusive Blend of Sea Vegetation®, DNA, RNA, Chlorophyll, Papain, Lecithin, Bromelain, Hesperidin Complex, Lemon Bioflavonoids and Rutin.

**These statements have not been evaluated by the Food and Drug Administration.
This product information is not intended to diagnose, treat, cure or prevent any disease.**

To Order - 1-800-682-7100

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Website: www.wachters.com

Wachters' Sea Vegetation – Nature's Nutritional Bounty