

Dietary Supplements
Wachters' Organic Sea Products
Product Specification Information

No. 38 - Multi-Vitamin with Minerals

With Iron - Product Code 5250 – 30 tablets

Without Iron - Product Code 5251 – 30 tablets

Recommended dosage: Take 1 tablet daily with and 8 oz. of water or juice.

For Those On-the-Go!

This Wachters' Once-A-Day multi-vitamin and mineral combination contains 100% of Folic Acid. No. 38 also contains 100% or better of a wide spectrum of B vitamins that are essential for fully functioning people who demand the most effective nutritional supplement on the market.

The Nutritional Functions of the Ingredients

Active ingredient	Function
Vitamin A (as beta carotene)	<ul style="list-style-type: none"> • 5000 I.U. – 100% RDV • Beta-Carotene is a member of the carotenoid family of nutrients. It is the yellow-orange pigment found in fruits and vegetables. • Fights colds, flu and other types of infection. • Treats skin disorders. • Heals wounds, burns and ulcers. • Helps prevent night blindness. • Eases inflammatory bowel disease. • Is crucial to the immune system. • Helps build teeth and bones.
Vitamin C (as ascorbic acid, acerola, rose hips)	<ul style="list-style-type: none"> • 150 mg – 250% • A water-soluble antioxidant. • Enhances immunity. • Minimizes cold symptoms • Aids in producing hemoglobin in red blood cells. • Speeds healing of wounds. • Promotes healthy gums. • Treats asthma. • Helps prevent cataracts. • Assists in absorbing iron from foods.
Vitamin D (as cholecalciferol)	<ul style="list-style-type: none"> • 400 I.U. – 100% RDV • Technically a hormone produced when exposed to sunlight. • Regulates blood levels of calcium and phosphorous. • Helps build strong bones and teeth. • Aids in prevention of osteoporosis

Vitamin E (as d-alpha tocopherol succinate, mixed tocopherols)	<ul style="list-style-type: none"> • 50 I.U. – 166% RDV • The natural form of Vitamin E is more absorbable than synthetic forms • Is fat-soluble and is stored in liver and fat tissue. • Is a potent anti-oxidant, assists in destroying free radicals. • Protects against second hand smoke and pollutants. • Enhances the immune system. • Helps to protect cell membranes. • Aids in skin healing. • Helps use Selenium and Vitamin K. • Helps protect against heart disease and certain cancers. • May delay or help prevent cataracts.
Thiamin (as mononitrate)	<ul style="list-style-type: none"> • 50 mg – 3300% RDV • Essential for converting carbohydrates in foods to energy. • Promotes healthy nerves. • Helps strengthen the heart. • May help soothe heartburn.
Riboflavin	<ul style="list-style-type: none"> • 50 mg – 2940% RDV • A water-soluble vitamin. • Helps in production of thyroid hormones. • May speed metabolism to assure a steady supply of energy. • Aids in production of infection fighting immune cells. • Works with iron to make red blood cells.
Niacin (as niacin, niacinamide)	<ul style="list-style-type: none"> • 55 mg – 275% RDV • Needed to release energy from carbohydrates. • Helps control blood sugar. • Helps maintain proper functioning of the nervous and digestive systems. • Promotes circulatory health. • Helps control cholesterol. • May have anti-inflammatory effect. • May relieve depression.
Vitamin B ⁶ (as pyridoxine hydrochloride)	<ul style="list-style-type: none"> • 50 mg – 2500% RDV • Functions primarily as a co-enzyme, helping to speed up chemical reactions in cells. • Active in forming red blood cells. • Helps cells make proteins. • Involved with making of brain chemicals (neurotransmitters) such as serotonin. • Helps prevent heart disease. • Helps to lift depression. • Eases insomnia • May lessen PMS symptoms. • Helps relieve asthma.

Folate (as folic acid)	<ul style="list-style-type: none"> • 400 mcg - 100% RDV • A water-soluble B vitamin. • Cannot be stored in the body; needs to be replenished daily. • Protects against birth defects. • Makes blood cells, heals wounds, builds muscle. • May reduce heart disease and stroke risk. • May help with depression. • Normalizes production of homocysteine. • Used to treat gout. • May help with irritable bowel syndrome.
Vitamin B ¹² (as cyanocobalamin)	<ul style="list-style-type: none"> • 50 mcg – 830% RDV • Essential for cell replication and red blood cell productions. • Maintains a protective sheath around the nerves. • Assists in converting food to energy. • Helps production of DNA & RNA. • Helps reduce depression. • Helps thwart nerve pain, numbness and tingling. • Helps prevent a form of anemia. • Helps the body to process homocysteine. • Aids immune responses in older people
Biotin	<ul style="list-style-type: none"> • 300 mcg – 100% RDV • A member of the B-vitamin family. • Helps breakdown carbohydrates, fats and proteins. • Helps body to use glucose. • Promotes healthy hair and nails. • May improve blood sugar.
Pantothenic Acid (as d-calcium pantothenate)	<ul style="list-style-type: none"> • 50 mg – 500% RDV • A non-protein amino acid and member of the B complex family. • May help assimilate pantothenic acid. • May help in disease where there are abnormal fibrous deposits. • May help prevent hair loss. • May soothe inflammatory bowel disease
Calcium (as carbonate, amino acid chelate)	<ul style="list-style-type: none"> • 60 mg – 5% RDV • Major component of bone; needed for bone formation. • May be required for cell transport. • May be required for nerve cell function. • May be essential for muscle function. • Important for normal blood clotting.
Iron (Ferronyl®)+ (Only in regular formula)	<ul style="list-style-type: none"> • 9 mg – 50% RDV • Essential part of hemoglobin, the oxygen-carrying component of red blood cells. • Supplies energy to every cell in the body. • Helps the immune system. • May help with concentration. • Treats iron deficiency anemia.

Magnesium (as oxide, amino acid chelate)	<ul style="list-style-type: none"> • 30 mg – 7.5% RDV • Involved with energy production, nerve function, muscle relaxation and bone and teeth formation. • Helps regulate heart rhythm and clots blood. • Aids in production of insulin. • May lower high blood pressure. • May improve PMS symptoms. • May ease fibromyalgia symptoms.
Zinc (as gluconate)	<ul style="list-style-type: none"> • 3.75 mg – 25% RDV • Helps to reduce the duration and severity of colds. • An antioxidant that can help boost the immune system. • An essential mineral required by every cell. • The body does not produce zinc and depends on external sources for its supply. • Studies show protection against colds, flu and conjunctivitis.
Selenium (as amino acid chelate)	<ul style="list-style-type: none"> • 50 mcg – 71% RDV • Essential for a healthy immune system. • An antioxidant protecting cell membranes from oxidation. • Protects the heart, decreasing risk of clotting. • Increases ratio of HDL (“good”) cholesterol. • May be helpful in preventing cataracts and macular degeneration.
Copper (as gluconate)	<ul style="list-style-type: none"> • 500 mcg – 25% RDV • A mineral found in at least 15 proteins in the body. • Essential in the formation of collagen. • Helps use stored iron. • Plays a role in maintaining fertility and immunity. • Promotes consistent pigmentation. • Helps strengthen blood vessels, bones, tendons and nerves. • Promotes blood clotting.
Manganese (as gluconate)	<ul style="list-style-type: none"> • 1.5 mg – 75% RDV • An essential trace mineral. • Acts as an anti-oxidant. • May help treat heart arrhythmias. • May help treat osteoporosis. • Promotes healthy muscle reflexes. • Reduces nervous irritability.
Chromium (as Chromium Complex™)++	<ul style="list-style-type: none"> • 50 mcg – 42% RDV • Helps the body use insulin. • Aids in breaking down protein & fat. • Helps maintain normal blood sugar. • May lower total blood cholesterol • May enhance weight loss efforts. • May relieve headaches, irritability and other symptoms of low blood sugar.

Potassium (as chloride, amino acid chelate)	<ul style="list-style-type: none"> • 8.5 mg – 0% RDV • Third most abundant mineral. • An electrolyte used to conduct nerve impulses, initiate muscle contractions including heart. • Controls the amount of fluid inside cells. • Enables conversion of blood sugar (glucose) to a stored form of energy (glycogen) held by muscles and liver. • May lower blood pressure.
Para Aminobenzoic Acid	<ul style="list-style-type: none"> • 25 mcg – no RDV established • A non-protein amino acid and member of the B complex family. • May help assimilate pantothenic acid. • May help in diseases where there are abnormal fibrous deposits. • May help prevent hair loss. • May soothe inflammatory bowel disease.
Choline Bitartrate	<ul style="list-style-type: none"> • 25 mg – no RDV established • Essential nutrient necessary for structure and function of all cells. • May protect against certain dementia. • May help insure normal fetal brain development. • May be helpful in some liver disorders.
Inositol	<ul style="list-style-type: none"> • 25 mg – no RDV established • One of the B-complex vitamins. • Needed for growth and survival of cells. • Helps in fat metabolism. • May help lower blood pressure. • May help hypoglycemia.
Proprietary Blend consisting of 200 mg – no RDV established	
Wachters' Exclusive Blend of Sea Vegetation®**	<ul style="list-style-type: none"> • This trademarked blend of up to 15 different varieties of sea vegetation provides synergistic plant factors and minerals needed for energy metabolism by the body. • The best source of cell factors from the sea. • Contains 61 essential minerals and 25 vitamins and other food factors. • Activates other ingredients. • Essential for all functions of a healthy body.
DNA (Deoxyribonucleic Acid)	<ul style="list-style-type: none"> • Found in every living cell. • Serves as the “code” or “blueprint” governing various cellular and bodily processes. • The sugar in DNA is deoxyribose, • Constitutes the immune system, brain, nervous system and circulatory system. • Supports memory and mental alertness. • Aids in treating depression, increase energy. • Helps to counteract the effects of aging. • Studies have shown reduced risks of cardiovascular disease, neurological disease, cancer, & birth defects.

RNA (Ribonucleic Acid)	<ul style="list-style-type: none"> • RNA and DNA are scientific cousins. • Both DNA and RNA are composed of repeating units of nucleotides. Each nucleotide consists of a sugar, a phosphate and a nucleic acid base • The sugar in RNA is ribose, the same as the deoxyribose of DNA but with one more oxygen molecule. • May have a significant effect upon the healing of intestinal ulcerations in Crohn's disease. • May be beneficial in aging, epilepsy, regeneration of cells and energy. • May reduce the number of perioperative infections, improves wound healing and shorten recovery time.
Chlorophyll	<ul style="list-style-type: none"> • May serve as a catalyst for making oxygen more easily available to the cells • May serve as a detoxifier. • Aids in reducing various body odors. • May act as a blood cleanser. • Can help relieve constipation • May help protect against some toxins and may ease some drug side effects • May be helpful in the treatment of calcium oxalate kidney stone disease • May also have some anti-iatherogenic activity • May have antimutagenic and anticarcinogenic activities.
Papain	<ul style="list-style-type: none"> • A digestive enzyme produced in, papaya, a tropical fruit. • A proteolytic enzyme (digests proteins) which may eliminate parasitic organisms such as intestinal worms. • Used to treat less serious digestion disorders. • May increase immune function. • May lessen inflammation associated with rheumatoid arthritis, improve healing of injuries • Promote the release of natural chemicals that may attack tumor cells.
Lecithin	<ul style="list-style-type: none"> • An antioxidant composed of mostly B vitamins, phosphoric acid, choline, linoleic acid and inositol. • A fat emulsifier which may bind with cholesterol in the bloodstream. • May reduce symptoms of liver disease.
Bromelain	<ul style="list-style-type: none"> • An important anti-inflammatory enzyme from pineapple. • A natural blood thinner and anti-inflammatory. • May help reduce swelling, bruising and tenderness that can result from tissue injuries or muscle aches and pains • Eases aching and stiffness of back muscles and chronically inflamed joints. • Has been shown to relieve swelling and severe pain related to an attack of gout.

Hesperidin Complex	<ul style="list-style-type: none"> • A bioflavonoid that reduces capillary fragility. • Acts as an anti-oxidant increasing the effectiveness of Vitamin C. • Helps to maintain healthy blood vessels.
Lemon Bioflavonoids	<ul style="list-style-type: none"> • Minimizes symptoms of hay fever and asthma. • Fights viral infections. • A potent antioxidant. • Helps reduce inflammation. • Helps reduce the release of histamine (which causes allergy symptoms such as congestion). • Helps nutritionally to support the capillaries.
Rutin	<ul style="list-style-type: none"> • One of the most active citrus bioflavonoids. • A potent antioxidant. • Boosts immunity. • Strengthens blood vessels & increases blood flow. • Helps soothe the digestive system. • May help with hay fever, sinusitis and asthma

+ Ferronyl® is a registered trademark of ISP Corporation.

++ Chromium Complex™ is a proprietary blend of chromium (as nicotinate, picolinate*, amino acid chelate, aspartate, polynicotinate)

* Chromium Picolinate U.S. Patent No. Re: 33,988, by Nutrition 21.

**Wachters' Exclusive Blend of Sea Vegetation® is a registered trademark of Wachters' Organic Sea Products and is an exclusive combination of multi-marine plant sources.

**Other Wachters' Multi- Vitamin and Mineral Products includes:
No. 40 - Multi-Vitamin plus Minerals; No. 48 - Lady Nouvelle; No. 50 - Vita-Man; Futura 200, Golden 100.**

Wachters' manufactures over 100 nutritional products, all containing the Wachters' Blend of Sea Vegetation®. Only pharmaceutical grade ingredients are used. All tablet and powder products are made without heat or moisture.

Wachters' Organic Sea Products contain no preservatives, colorings, artificial flavorings, starch, yeast or animal products. No heat or chemical are used in preparation.

These statements have not been evaluated by the Food and Drug Administration. These statements are not intended to diagnose, treat, cure or prevent any disease.
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**The Wachters' Organic Sea Products Corporation, 550 Sylvan Street, Daly City, CA 94014
Order line: 1-800-682-7100 - Website: www.wachters.com**