

**Dietary Supplements**  
**Wachters' Organic Sea Products**  
**Product Specification Information**

---

**Futura 200**

Product Code 5890 - 180 tablets

---

After much controversy, more and more experts now agree that everyone needs a daily multi-vitamin-mineral supplement. Recognizing this need long ago, Wachters' developed the most sophisticated high-potency multi-vitamin-mineral supplement on the market today.

Futura 200 is Wachter's premier multi-vitamin mineral formula with cell function factors. It meets or exceeds the RDV for 17 different vitamins and minerals.

Futura 200 responds to the nutritional needs of the body's different cell systems. The brain, the eye, the immune system, the digestive system all have special needs as well as the general nutritional needs of the cell.

- **Brain nutrition** is maximized by the presence of the amino acid L-Phenylalanine, Manganese, the B vitamins, Inositol, Choline Bitartrate and Lecithin.
- **Immune system nutrients** include Vitamins A, C, E, Zinc, Folic Acid, Rutin and Hesperidin Complex.
- **Digestion** is aided by Aloe Vera Whole Leaf, Fruit Pectin and Chlorophyll.
- **Eye support** is served by Lutein and Vitamin A.
- **Anti-oxidant nutrients** include Vitamins A, C, and E, as well as Superoxide-Dismutase (S.O.D.) and enhanced by Ribonucleic Acid (RNA) and Deoxyribonucleic Acid (DNA).
- **Metabolic processes** are supported by Folic Acid, found to be an aid in the prevention of neural-tubular defects in infants.
- **Blood sugar levels** are kept in balance by Wachters' patented Chromium Complex™.

- **Stress levels** are maintained in a healthy balance from the B-Complex vitamins: Thiamine, Riboflavin, Niacin, Pyridoxine Hydrochloride and Cyanocobalamin.

None of our products would be complete without Wachters' Exclusive Blend of Sea Vegetation™, our unique blend of up to 15 species of sea vegetation, Nature's naturally chelated "sparkplug" to aid absorption of ingredients.

Wachters' uses only the finest pharmaceutical grade ingredients on the market today. Made the old fashioned way on cold tablet presses, Futura 200 is manufactured without heat or moisture, thus retaining the maximum potency for each ingredient listed on the cannister label.

Suggested dosage per day is 6 tablets, two at each meal.

#### **The Nutritional Functions of the Ingredients**

<b>Active ingredient</b>	<b>Function</b>
Vitamin A (as beta carotene)	<ul style="list-style-type: none"> <li>• 18,000 I.U. - 360% RDV</li> <li>• Beta-Carotene is a member of the carotenoid family of nutrients. It is the yellow-orange pigment found in fruits and vegetables.</li> <li>• Fights colds, flu and other types of infection.</li> <li>• Treats skin disorders.</li> <li>• Heals wounds, burns and ulcers.</li> <li>• Helps prevent nightblindness.</li> <li>• Eases inflammatory bowel disease.</li> <li>• Crucial to the immune system.</li> <li>• Helps build teeth and bones.</li> </ul>
Vitamin C (as ascorbic acid, acerola, rose hips)	<ul style="list-style-type: none"> <li>• 300 mg - 500% RDV</li> <li>• A water-soluble antioxidant.</li> <li>• Enhances immunity.</li> <li>• Minimized cold symptoms</li> <li>• Aids in producing hemoglobin in red blood cells.</li> <li>• Speeds healing of wounds.</li> <li>• Promotes healthy gums.</li> <li>• Treats asthma.</li> <li>• Helps prevent cataracts.</li> <li>• Assists in absorbing iron from foods.</li> </ul>

Vitamin D (as cholecalciferol)	<ul style="list-style-type: none"> <li>• 400 I.U. - 100% RDV</li> <li>• Technically a hormone produced when exposed to sunlight.</li> <li>• Regulates blood levels of calcium and phosphorous.</li> <li>• Helps build strong bones and teeth.</li> <li>• Aids in prevention of osteoporosis.</li> </ul>
Natural Vitamin E (as d-alpha tocopheryl succinate, mix tocopherols)	<ul style="list-style-type: none"> <li>• 200 I.U. - 667% RDV</li> <li>• The natural form of Vitamin E is more absorbable than synthetic forms</li> <li>• Fat-soluble and is stored in liver and fat tissue.</li> <li>• A potent anti-oxidant, assists in destroying free radicals.</li> <li>• Protects against second hand smoke and pollutants.</li> <li>• Enhances the immune system.</li> <li>• Helps to protect cell membranes.</li> <li>• Aids in skin healing.</li> <li>• Helps use of Selenium and Vitamin K.</li> <li>• Helps protect against heart disease and certain cancers.</li> <li>• May delay or help prevent cataracts.</li> </ul>
Thiamin (Vitamin B <sup>1</sup> ) (as mononitrate)	<ul style="list-style-type: none"> <li>• 15 mg - 1000% RDV</li> <li>• Essential for converting carbohydrates in foods to energy.</li> <li>• Promotes healthy nerves.</li> <li>• Helps strengthens the heart.</li> <li>• May help soothe heartburn.</li> </ul>
Riboflavin (Vitamin B <sup>2</sup> )	<ul style="list-style-type: none"> <li>• 20 mg - 1176% RDV</li> <li>• A water-soluble vitamin.</li> <li>• Helps in production of thyroid hormone.</li> <li>• May speed metabolism to assure a steady supply of energy.</li> <li>• Aids in production of infection fighting immune cells.</li> <li>• Works with iron to make red blood cells.</li> <li>• Improves certain skin blemishes.</li> </ul>

<p>Niacin (Vitamin B<sup>3</sup>) (as niacin &amp; niacinamide)</p>	<ul style="list-style-type: none"> <li>• 200 mg - 1000% RDV</li> <li>• Needed to release energy from carbohydrates.</li> <li>• Helps control blood sugar.</li> <li>• Helps maintain proper functioning of the nervous and digestive systems.</li> <li>• Promotes circulatory health.</li> <li>• Helps control cholesterol.</li> <li>• May have anti-inflammatory effect.</li> <li>• May relieve depression.</li> </ul>
<p>Vitamin B<sup>6</sup> (as pyridoxine hydrochloride)</p>	<ul style="list-style-type: none"> <li>• 30 mg - 1500% RDV</li> <li>• Functions primarily as a co-enzyme, helping to speed up chemical reactions in cells.</li> <li>• Active in forming red blood cells.</li> <li>• Helps cells make proteins.</li> <li>• Involved with making of brain chemicals (neurotransmitters) such as serotonin.</li> <li>• Helps prevent heart disease.</li> <li>• Helps to lift depression.</li> <li>• Eases insomnia</li> <li>• May lessen PMS symptoms.</li> <li>• Helps relieve asthma.</li> </ul>
<p>Folate (as folic acid)</p>	<ul style="list-style-type: none"> <li>• 400 mcg - 100% RDV</li> <li>• A water-soluble B vitamin.</li> <li>• Cannot be stored in body; needs to be replenished daily.</li> <li>• Protects against birth defects.</li> <li>• Makes blood cells, heals wounds, build muscle.</li> <li>• May reduce heart disease and stroke risk.</li> <li>• May help with depression.</li> <li>• Normalizes production of homocysteine.</li> <li>• Used to treat gout.</li> <li>• May help with irritable bowel syndrome.</li> </ul>

Vitamin B <sup>12</sup> (as cyanocobalamin)	<ul style="list-style-type: none"> <li>• 50 mcg - 830% RDV</li> <li>• Essential for cell replication and red blood cell productions.</li> <li>• Maintains a protective sheath around the nerves.</li> <li>• Assists in converting food to energy.</li> <li>• Helps production of DNA &amp; RNA.</li> <li>• Helps reduce depression.</li> <li>• Helps thwart nerve pain, numbness and tingling.</li> <li>• Helps prevent a form of anemia.</li> <li>• Helps body to process homocysteine.</li> <li>• Aids immune responses in older people.</li> </ul>
Biotin	<ul style="list-style-type: none"> <li>• 300 mcg - 100% RDV</li> <li>• A member of the B-vitamin family.</li> <li>• Helps breakdown carbohydrates, fats and proteins.</li> <li>• Helps body to use glucose.</li> <li>• Promotes healthy hair and nails.</li> <li>• Strengthens nails.</li> <li>• May help slow hair loss.</li> <li>• May improve blood sugar.</li> </ul>
Pantothenic Acid (as d-calcium pantothenate)	<ul style="list-style-type: none"> <li>• 100 mg - 1000% RDV</li> <li>• A member of the B-vitamin family.</li> <li>• Helps communication between brain and nervous system.</li> <li>• Helps produce certain stress hormones.</li> <li>• Promotes a healthy central nervous system.</li> <li>• Helps use carbohydrates, fats and protein</li> <li>• May improve chronic fatigue syndrome, migraines, heartburn and allergies.</li> </ul>

Calcium (as phosphate, amino acid chelate)	<ul style="list-style-type: none"> <li>• 500 mg - 50% RDV</li> <li>• The most abundant mineral in body.</li> <li>• Helps move nutrients across cell membranes.</li> <li>• Involved with regulating digestion and metabolism.</li> <li>• Needed for communication among nerve cells, for blood clotting and wound healing.</li> <li>• Helps build and maintain strong bones and teeth.</li> <li>• Helps prevent bone loss and osteoporosis.</li> <li>• Aids heart and muscle contraction.</li> <li>• Eases heartburn.</li> <li>• May help lower blood pressure.</li> </ul>
Iron (as Ferronyl™)	<ul style="list-style-type: none"> <li>• 18 mg - 100% RDV</li> <li>• Essential part of hemoglobin, the oxygen-carrying component of red blood cells.</li> <li>• Supplies energy to every cell in body.</li> <li>• Helps immune system.</li> <li>• May help with concentration.</li> <li>• Treats iron deficiency anemia.</li> </ul>
Phosphorus (as phosphate, amino acid chelate)	<ul style="list-style-type: none"> <li>• 270 mg - 27% RDV</li> <li>• The 2nd most abundant mineral in body after calcium.</li> <li>• Acts as a biological escort, assisting a variety of nutrients, hormones and chemicals in doing their jobs.</li> <li>• Helps activate B vitamins.</li> <li>• Helps build strong bones and teeth.</li> <li>• May enhance physical performance by fighting fatigue.</li> </ul>

<b>Magnesium (as oxide, amino acid chelate)</b>	<ul style="list-style-type: none"><li>• 200 mg - 50% RDV</li><li>• Involved with energy production, nerve function, muscle relaxation and bone and teeth formation.</li><li>• Helps regulate heart rhythm and clots blood,</li><li>• Aids in production of insulin.</li><li>• May lower high blood pressure.</li><li>• May improve PMS symptoms.</li><li>• May ease fibromyalgia symptoms.</li><li>• May reduce severity of asthma attacks.</li></ul>
<b>Zinc (as amino acid chelate)</b>	<ul style="list-style-type: none"><li>• 20 mg - 133% RDV</li><li>• Required by every cell in body.</li><li>• Concentrated in muscles, bones, skin, kidneys, live pancreas, eyes, and in men, in the prostate.</li><li>• Helps fight cold, flu and other infections.</li><li>• Aids in healing skin ailments</li><li>• Helps with digestive complaints.</li><li>• May build healthy hair.</li></ul>
<b>Selenium (as amino acid chelate)</b>	<ul style="list-style-type: none"><li>• 100 mcg - 142% RDV</li><li>• A trace mineral, essential for many body processes.</li><li>• Acts as an anti-oxidant blocking free radicals that damage DNA.</li><li>• Works with Vitamin E to help prevent cancer and heart disease.</li><li>• Protects again cataracts and macular degeneration.</li><li>• Fights viral infections.</li><li>• Helps reduce the severity of cold sores and shingles.</li></ul>

Copper (as amino acid chelate)	<ul style="list-style-type: none"> <li>• 2 mg - 100% RDV</li> <li>• A mineral found in at least 15 proteins in the body.</li> <li>• Essential in the formation of collagen.</li> <li>• Helps use stored iron.</li> <li>• Plays a role in maintain fertility and immunity.</li> <li>• Promotes consistent pigmentation.</li> <li>• Helps strengthen blood vessels, bones, tendons and nerves.</li> <li>• Promotes blood clotting.</li> </ul>
Manganese (as amino acid chelate)	<ul style="list-style-type: none"> <li>• 4 mg - 200% RDV</li> <li>• An essential trace mineral.</li> <li>• Acts as an anti-oxidant.</li> <li>• May help treat heart arrhythmias.</li> <li>• May help treat osteoporosis.</li> </ul>
Chromium (as Chromium Complex™)	<ul style="list-style-type: none"> <li>• 50 mcg - 42% RDV</li> <li>• An essential trace mineral.</li> <li>• Helps body use insulin.</li> <li>• Aids in breaking down protein &amp; fat.</li> <li>• Helps maintain normal blood sugar.</li> <li>• May lower total blood cholesterol</li> <li>• May enhance weight loss efforts.</li> <li>• May relieve headaches, irritability and other symptoms of low blood sugar.</li> </ul>
Potassium (as chloride, amino acid chelate)	<ul style="list-style-type: none"> <li>• 150 mg - 4% RDV</li> <li>• Third most abundant mineral.</li> <li>• An electrolyte used to conduct nerve impulses, initiate muscle contractions including heart.</li> <li>• Controls the amount of fluid inside cells.</li> <li>• Enables conversion of blood sugar (glucose) to a stored form of energy (glycogen) held by muscles and liver.</li> <li>• May lower blood pressure.</li> </ul>

PABA (Para Aminobenzoic Acid)	<ul style="list-style-type: none"> <li>• 100 mg - no RDV</li> <li>• A non-protein amino acid and member of the B family.</li> <li>• May help assimilate pantothenic acid.</li> <li>• May help in disease where they are abnormal fibrous deposits.</li> <li>• May help prevent hair loss.</li> <li>• May soothe inflammatory bowel disease.</li> </ul>
Choline Bitartrate	<ul style="list-style-type: none"> <li>• 450 mg - no RDV</li> <li>• Essential nutrient necessary for structure and function of all cells.</li> <li>• May protect against certain dementia.</li> <li>• May help insure normal fetal brain development.</li> <li>• May be helpful in some liver disorders.</li> </ul>
Inositol	<ul style="list-style-type: none"> <li>• 200 mcg - no RDV</li> <li>• One of the B-complex vitamins.</li> <li>• Needed for growth and survival of cells.</li> <li>• Helps in fat metabolism.</li> <li>• May help lower blood pressure.</li> <li>• May help hypoglycemia.</li> </ul>
Lutein (FloroGLO™)	<ul style="list-style-type: none"> <li>• 6 mg - no RDV</li> <li>• A carotenoid and powerful antioxidant.</li> <li>• May decrease risk of lung cancer.</li> <li>• May slow macular degeneration.</li> <li>• May help fight heart disease.</li> </ul>

Proprietary Blend consisting of: 3720 mg - no RDV  
Wachters' Exclusive Blend of Sea Vegetation™, Deoxyribonucleic Acid, Lecithin, Micro Algae, Ribonucleic Acid, Fruit Pectin, Chlorophyll, Alfalfa Leaf Juice Concentrate (*Medicago sativa*), Aloe Vera Whole Leaf, L-Lysine, L-Phenylalanine, L-Cystine, Yucca Root (*Yucca schidigera*), Lemon Bioflavonoids, Rutin, Hesperidin Complex, Xanthopyll, Chlorophyll Complex™, Carrot Powder, Bromelain, Papain, Malt Diastase, Cellulase, Betaine HCL and Superoxide Dismutase.

<sup>TM</sup> 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.

<sup>TM</sup> Chlorophyll Complex is a Wachters' exclusive combination of chlorophyll sources.

<sup>TM</sup> Chromium Complex is a Wachters' exclusive combination of Chromium Amino Acid Chelate, Aspartate, Polynicotinate, Nicotinate and Picolinate. Chromium Picolinate is registered under U.S. Patent No. RE: 33,988.

<sup>TM</sup> FloraGlo is an exclusive trademark of the FloraGlo Corporation.

Wachters' Organic Sea Products contain no preservative, colorings, artificial flavorings, starch, yeast, corn or animal products. No heat or chemicals 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. Please consult your health practitioner.

The Wachters' Organic Sea Products Corporation, 550 Sylvan Street, Daly City, CA 94014.  
**Order line: 1-800-682-7100 - Website: [www.wachters.com](http://www.wachters.com)**