

**Recommended Dosage:** As a dietary supplement, take 2 tablets with each meal.

**Futura 200 Multi-Vitamin and Mineral** is our most complete formula. This product contains antioxidants Natural Vitamins E, C and A (Beta Carotene) plus high levels of B vitamins. This combination contains at least 100 % of the U.S. Daily Value for 17 Vitamins and Minerals. **Vitamins E and C** reduce oxidative damage and improve circulation. The B-vitamins may help strengthen the kidneys, improve energy levels and reduce nervousness. **Selenium** enhances Vitamin E uptake and is a vital antioxidant. **It also contains 400 mcg of Folic Acid which is essential.\***

This, like all of our products, contains the **Wachters' Exclusive Blend of Sea Vegetation®**, a unique combination comprising up to 15 different species of the highest quality sea vegetation from around the world, which serves as a synergistic activator of the other ingredients in this product, thereby enhancing their effectiveness.

Wachters' Organic Sea Products dietary supplements contain no preservatives, yeast, artificial colorings, artificial flavorings, sugar, starch or animal products. No heat, moisture or chemicals are used in preparation of Futura 200.

\*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.



THIS PRODUCT WAS SEALED FOR YOUR PROTECTION.  
DO NOT USE IF SEAL HAS BEEN TAMPERED WITH.

**Keep out of reach of children**

**WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.**

\* This Statement has not been evaluated by the Food and Drug Administration. This Product is not intended to diagnose, treat, cure or prevent any disease.

# WACHTERS'



## Futura 200

**NON-GMO**

### A Multi-Vitamin/Mineral and Herbal Dietary Supplement with other Cell Function Factors

Dietary Supplement  
180 Tablets

## Supplement Facts

Serving Size: 6 Tablets Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	18000 IU	360%
Vitamin C (as ascorbic acid, acerola, rose hips)	300 mg	600%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopherol succinate)	200 IU	66%
Thiamin (as Mononitrate)	15 mg	1000%
Riboflavin (as riboflavin)	20 mg	1176%
Niacin (as niacin and nicotinamide)	200 mg	1000%
Vitamin B6 (as pyridoxine hydrochloride)	30 mg	1500%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	50 mcg	833%
Biotin	300 mg	100%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	1000%
Calcium (as phosphate, amino acid chelate)	500 mg	50%
Iron Glycinate	18 mg	100%
Chosphorus (as phosphite, amino acid chelate)	270 mg	27%
Magnesium (as oxide, amino acid chelate)	200 mg	50%
Zinc (as amino acid chelate)	20 mg	133%
Selenium (as amino acid chelate)	100 mcg	142%
Copper (as amino acid chelate)	2 mg	100%
Manganese (as amino acid chelate)	4 mg	200%
Chromium Nicotinate	50 mcg	42%
Potassium (as chloride, amino acid chelate)	150 mg	4%
Para-Aminobenzoic Acid	100 mg	*
Choline Bitartrate	450 mg	*
Inositol	200 mg	*
Lutein	6 mg	*
Wachters Exclusive Blend of Sea Vegetation® Ascophyllum, Laminaria Digitalis, Bladderwrack, Irish moss, Alaria, Fucoidan, Dulce, Laminaria Japonica, Sea Lettuce, Agar Agar, Red algae, Nori flakes	15 mg	1000%
Lecithin	250 mg	*
Micro Algae	150 mg	*
Ribonucleic Acid	150 mg	*
Pectin (from apples)	100 mg	*
Chlorella	100 mg	*
Milkmaid Leaf Juice Concentrated (Medicago sativa)	100 mg	*
Aloe Vera Inner Leaf	100 mg	*
Lygite	100 mg	*
L-Phenylalanine	100 mg	*
L Cystine	100 mg	*
Yucca Root (Yucca schottigera)	50 mg	*
Lemon bioflavonoids (fruit)	50 mg	*
Rutin (from Sophora Japonica Flower)	50 mg	*
Hesperidin (from orange, lemon, grapefruit peel)	50 mg	*
Carrot powder (carrots)	30 mg	*
Bromelain (Pineapple)	25 mg	*
Papain (papaya)	25 mg	*
Malt diastase	25 mg	*
Betain Hcl	25 mg	*
Other ingredients: Cellulose, copernicia contera		

\*Daily Value not established

Manufactured By Wachters' Organic Sea Products  
550 Sylvan Street, Daly City, CA 94014 • 1-800-682-7100 • www.wachters.com  
To report a serious adverse event or obtain product information, call 1-800-682-7100

Made in U.S.A.  
Code #5890