



## Raspberry Rapture Adult Chewable Multi-Vitamin & Mineral Supplement

*Nature's Harmony Adult Chewable Multi-Vitamin & Mineral has been formulated to provide complete support and fuel the body with the nutrients needed for optimal health. This great-tasting, raspberry-flavoured, chewable tablet contains no artificial colouring or flavours, is sugar free and supplies premium quality antioxidants, vitamins and minerals. A terrific formulation for individuals that have difficulty swallowing tablets.*

PRODUCT CODE: 400674

### HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
A factor in the maintenance of good health.	Tablet	Take 2 tablets daily with food. Take a few hours before or after taking medications.

### DESCRIPTION:

Nature's Harmony® Adult Chewable contains 10 mg of each of the major B vitamins. This superior formulation provides the most beneficial blend of essential vitamins and minerals, including vitamin A in both fat- and water-soluble forms, the major B vitamins with folic acid and biotin, and the natural form of Vitamin E. The important trace mineral, chromium, has been added to assist with blood sugar regulation. Nature's Harmony® Adult Chewable makes a great addition to an individual's daily supplement regimen with highly bioavailable sources of calcium and magnesium. Naturally sweetened with xylitol and stevia, this is suitable for diabetics because it will not impact blood glucose levels.

**Recommended Daily Allowance :** Follow a recommended daily allowance guide.

**Food Sources :** Fruits, vegetables, grains, meat, fish.

**Causes of Deficiency:** Poor eating habits, restrictive or low-calorie diet, some prescription medications, chronic stress.

**Symptoms of Deficiency :** Nutrition-related inflammatory or degenerative conditions, frequent infections, fatigue.

**Complementary Nutrients :** Works well with many supplement regimens. Excellent supplement for diabetics if used in conjunction with Type 2 Natural Assist™, Chromium Picolinate and ALA.

### HOW IT WORKS:

Because a number of variables in your diet are beyond your control, such as freshness of food, soil quality and growing conditions, even a healthy, whole-foods diet may not provide you with sufficient quantities of essential nutrients. Nature's Harmony® Adult Chewable is designed to help you meet the nutritional requirements needed for optimal health and well-being.

# Raspberry Rapture Adult Chewable Multi-Vitamin & Mineral Supplement

## RESEARCH:

Studies have shown that many Canadians are not getting enough vitamins and minerals from their diet. Research indicates that when organs in the body are deprived of adequate nutrients, they begin to fail. Though a multi-vitamin and mineral supplement cannot take the place of a nutrient-rich diet, it can help prevent deficiency disease and premature aging, and can also reduce the risk of chronic diseases such as osteoporosis, heart disease, arthritis and cancer.

## SIDE EFFECTS:

None known at appropriate individual dosages.

## INTERACTIONS AND SAFETY CONSIDERATIONS:

For adult use only. Pregnant and breastfeeding women should consult a health care practitioner before use. There is a fairly wide margin of safety concerning vitamins and minerals. If taken as directed, a multi-vitamin and mineral supplement poses few if any safety concerns.

## OTHER CONSIDERATIONS:

If taking any prescription medications or if considering a regimen of high-dose vitamin and mineral supplementation, individuals should consult their health care practitioner before use.

## LABEL:

**Usage recommandé:** Un facteur dans le maintien d'une bonne santé.  
**Dose recommandée (adultes):** Prendre 2 comprimés par jour avec de la nourriture. Prendre quelques heures avant ou après la prise de médicaments.  
**Ingédients médicinaux:**  
 Chaque comprimé contient:  
 Vitamine A (bêta-carotène) ..... 898 mcg EAR/2000 IU (palmite)  
 Vitamine C (ascorbate de sodium) ..... 50 mg  
 Vitamine D (cholecalcérol) ..... 5 mcg/200 IU  
 Vitamine E (succinate de D-alpha tocoféryle) ..... 67 mg AT/100 IU  
 Vitamine B1 (chlorhydrate de thiamine) ..... 10 mg  
 Vitamine B2 (riboflavine) ..... 10 mg  
 Vitamine B3 (niacinamide) ..... 10 mg  
 Vitamine B6 (chlorhydrate de pyridoxine) ..... 10 mg  
 Folate (acide folique) ..... 400 mcg  
 Vitamine B12 (cyanocobalamine) ..... 15 mcg  
 Biotine ..... 100 mcg  
 Acide pantothénique (D-pantothénate de calcium) ..... 10 mg  
 Calcium (citrate) ..... 65 mg  
 Chrome (chélate de PVP\*) ..... 50 mcg  
 Cuivre (chélate de PVP\*) ..... 1 mg  
 Iode (iodure de potassium) ..... 50 mcg  
 Magnésium (citrate) ..... 50 mg  
 Manganèse (gluconate) ..... 1 mg  
 Molybdène (chélate de PVP\*) ..... 10 mcg  
 Sélénium (chélate de PVP\*) ..... 50 mcg  
 Vanadium (chélate de PVP\*) ..... 10 mcg  
 Zinc (oxyde) ..... 2.5 mg

\* Protéine végétale hydrolysée  
 Ingrédients non médicinaux: xylitol, cellulose microcristalline, stéarine végétale, acide citrique, stéarate de magnésium, arômes naturels, colorant naturel (poudre de jus de betterave), stévia, dioxyde de silicium, racine de betterave (Riboperine™).  
**Information sur les risques:** Pour adultes seulement. Consulter un praticien de soins de santé avant d'en faire l'usage si vous êtes enceinte ou allaitante. Ce produit ne contient aucun ingrédient laitier, œuf, gluten, crustacés, sulfites, ni colorants, arômes ou agents de conservation artificiels.

**Recommended Use:** A factor in the maintenance of good health.  
**Recommended Dose (Adults):** Take 2 tablets daily with food. Take a few hours before or after taking medications.  
**Medicinal Ingredients:**  
 Each tablet contains:  
 Vitamin A (beta-carotene) ..... 898 mcg RAE/2000 IU (palmitate)  
 Vitamin C (sodium ascorbate) ..... 50 mg  
 Vitamin D (cholecalciferol) ..... 5 mcg/200 IU  
 Vitamin E (D-alpha tocopheryl succinate) ..... 67 mg AT/100 IU  
 Vitamin B1 (thiamine HCl) ..... 10 mg  
 Vitamin B2 (riboflavin) ..... 10 mg  
 Vitamin B3 (niacinamide) ..... 10 mg  
 Vitamin B6 (pyridoxine HCl) ..... 10 mg  
 Folate (folic acid) ..... 400 mcg  
 Vitamin B12 (cyanocobalamin) ..... 15 mcg  
 Biotin ..... 100 mcg  
 Pantothenic acid (calcium D-pantothenate) ..... 10 mg  
 Calcium (citrate) ..... 65 mg  
 Chromium (HVP\* chelate) ..... 50 mcg  
 Copper (HVP\* chelate) ..... 1 mg  
 Iodine (potassium iodide) ..... 50 mcg  
 Magnesium (citrate) ..... 50 mg  
 Manganese (gluconate) ..... 1 mg  
 Molybdenum (HVP\* chelate) ..... 10 mcg  
 Selenium (HVP\* chelate) ..... 50 mcg  
 Vanadium (HVP\* chelate) ..... 10 mcg  
 Zinc (oxide) ..... 2.5 mg

\* Hydrolyzed Vegetable Protein  
 Non-medicinal Ingredients: Xylitol, microcrystalline cellulose, vegetable stearine, citric acid, magnesium stearate, natural flavours, natural colour (beet juice powder), stevia, silicon dioxide, sugar beet root (Riboperine™).  
**Risk Information:** For adult use only. Consult a health care practitioner prior to use if you are pregnant or breastfeeding.  
 This product does not contain dairy, egg, gluten, shellfish, sulfites, or artificial colours, flavours or preservatives.

Actual Size Grandeur réelle

STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN. RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE LA PORTÉE DES ENFANTS.

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'ÉTOIQUETTE INTÉRIEURE EST BRISÉE.

www.naturesharmony.com  
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