



Multiple Vitamins & Minerals

(Time Release)
Stock #1619-5 (60 tablets)

NSP's Multiple Vitamins & Minerals timed release formula contains a balanced combination of essential vitamins and minerals designed to meet or exceed the USRDA. Multiple Vitamins & Minerals also contains a blend of herbs which provides additional nutritional support and enhances absorption of the vitamins and minerals. The timed release formula allows these nutrients to be released into the body gradually, thus slowing their absorption and prolonging their utilization in the body.

Many studies have confirmed that better health and lower instances of cancer occur in individuals who maintain a healthy diet and an intake of multi-vitamin and mineral supplements. Dr. Wrbe, head of the Cancer Research Institute at the University of Vienna, asserts that dietary supplements can reduce the risk of cancer by 50%. Even *Lancet*, the distinguished British medical journal, supports the extraordinary health benefits of vitamin and mineral supplements. Furthermore, according to Dr. Paavo Airola, author of *The Airola*

Diet and Cook, "Those who now advocate eating natural foods as the only source of vitamins and minerals live in a dream world of yesterday. What was yesterday's law is today's folly. It really doesn't matter how well you balance your meals, or if you're a meat-eater, vegetarian, or a raw-foodist, you still run the risk of malnutrition if you try to get all your vitamins and minerals exclusively from the foods you eat."

Multiple Vitamins & Minerals contains a higher nutrient potency than is actually declared on the label. This is done to ensure that potencies printed on the label are maintained up to 2 years following the date of manufacture. This product contains no artificial colors, flavors, sugar or starch.

Each Multiple Vitamins & Minerals tablet provides:

Vitamin A - 25,000 IU	Folic acid (B ₉) - 0.4mg
Vitamin C - 250mg	Biotin - 0.3mg
Vitamin D - 1,000 IU	Calcium - 144mg
Vitamin E - 30 IU	Copper - 2mg
Vitamin B ₁ - 25mg	Iodine - 0.15mg
Vitamin B ₂ - 25mg	Iron - 20mg
Vitamin B ₆ - 25mg	Magnesium - 3mg
Vitamin B ₁₂ - 50mcg	Manganese - 3mg
Niacin (B ₃) - 50mg	Selenium - 50mcg
Pantothenic acid (B ₅) - 50mg	Zinc - 30mg

In a base of Choline, Inositol, PABA (para-aminobenzoic acid), Alfalfa herb, Chamomile flowers, Dandelion root, Golden seal root, Hesperidin complex, Kelp plant, Lemon bioflavonoids, Myrrh gum, Psyllium seed, Rose hips extract, Rutin and Wheat germ.