

Choosing Your Multiple Vitamin

Today it's harder for us to receive the nutrients we need from our food than it was for our grandparents. Whether it's attributable to our busy lifestyles, environmental hazards like smog and pollution, or to foods grown in nutrient poor soil, getting all the needed vitamins and minerals directly from our diets is rarely a simple matter. The addition of a good multivitamin is more important than ever to supplement our diets. Here's what you can expect from our Multis:

- **Complete formulas.** Including essential vitamins such as A, B-complex, and C, plus important minerals like magnesium, iron and zinc.
- **Pure, high quality supplements.** Manufactured according to our strict quality control standards. Containing no sugar, starch, artificial colors, flavors, or preservatives.
- **Dosages to fit your needs.** A variety of products ranging from single to multiple daily dosages offered in capsules, tablets, softgels and prolonged release formulas.
- **Special formulations.** Created to meet different needs---for women, children, or vegetarians, for those suffering from allergies, or in different potencies---high, moderate, or basic.
- **Highly bioavailable ingredients.** Designed and tested to assure the ingredients will easily break down in the body for maximum availability of nutrients
- **Best By Dating.** Guarantees product freshness and potency.

Our wide variety of potencies, dosages, delivery systems and formulas make it possible to find a multivitamin supplement to fit your individual needs.

75 Complete[®] :

- A complete essential vitamin and mineral formula comparable to Solgar[®] VM-75
- Offered in convenient single daily dosage of one tablet

Basic Multi[®] :

- Basic essential vitamins and minerals formulated in a small-sized tablet for those who find large supplements difficult to swallow
- Contains no yeast, wheat, corn, grain, lactose, milk, and egg products making it ideal for vegetarians or those with food allergies. Also available iron-free

Bengal Bites[®] :

- Low-potency children's chewable in a delicious berry flavor
- Vegetarian formula providing 100% RDI of 11 vitamins and minerals

Prenatal Multi :

- Specifically created to address the needs of expecting women or women planning for pregnancy, this formula contains extra calcium, folic acid, iron, and zinc

Men's Multi and Women's Multi :

- Food rich formulas specifically tailored to gender specific needs
- 100% vegetarian with a pleasant cinnamon scent

Men's 45+ and Women's 45+ :

- Formulas specific to dietary needs as we successfully advance into maturity
- 100% vegetarian with a pleasant cinnamon scent

Life Multi Complete[®] :

- High potency containing all natural, whole food concentrates
- Additional energy enhancing botanicals are added to support active lifestyles
- Compare to Nature's Plus[®] Source of Life[®] Multi

Softgel Multi with Lutein and Lycopene :

- High potency in an easy-to-swallow softgel

Ultimate Vegetarian Multi[®] :

- Specially formulated for vegetarian needs
- Offered in convenient single daily dosage of one tablet

Ultimate One[®] :

- Formulated for a single daily dosage. Also available in iron-free
- A prolonged release formula absorbed by the body over a 2-4 hour period

Ultimate Two[®] :

- Created without copper and with more Vitamin E (150 IU)
- Sized in two small tablets for easier swallowing
- Formulated as prolonged release multi for slow absorption of nutrients

Ultimate Capsule[®] :

- High-potency, easy-to-swallow capsule

Iron Free Multi Caps :

- With 100% natural carotenoids and plant enzymes
- For those receiving adequate amounts of iron in their diet

Ultimate Senior[®] :

- Formulated for a single daily dosage
- A prolonged release formula absorbed by the body over a 2-4 hour period

Our Multis provide you with an excellent daily supply of vitamins and minerals designed to meet your body's special needs, in the dosage you choose!

This information is for educational purposes only and should not be construed as medical advice. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

REFERENCES:

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