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Equate Adults 50+ Complete Multivitamin/Multimineral Supplement Tablets

Equate Adults 50+ Complete Multivitamin/Multimineral Supplement Tablets, 450 Count - Instruction Manual

1. INTRODUCTION

This manual provides essential information for the proper use and understanding of Equate Adults 50+ Complete Multivitamin/Multimineral Supplement Tablets. This product is formulated to provide comprehensive nutritional support for adults aged 50 and over.



Image: Equate Adults 50+ Complete Multivitamin bottle alongside a supplementary A-Z Vitamins & Minerals guide.

2. USAGE INSTRUCTIONS (OPERATING)

2.1. Dosage

Take **one (1) tablet daily** with food. Do not exceed the recommended dosage.

2.2. Administration

Swallow the tablet whole with water. It is recommended to take the supplement at the same time each day to establish a routine.

3. KEY BENEFITS

Equate Adults 50+ Complete Multivitamin/Multimineral Supplement Tablets are designed to support

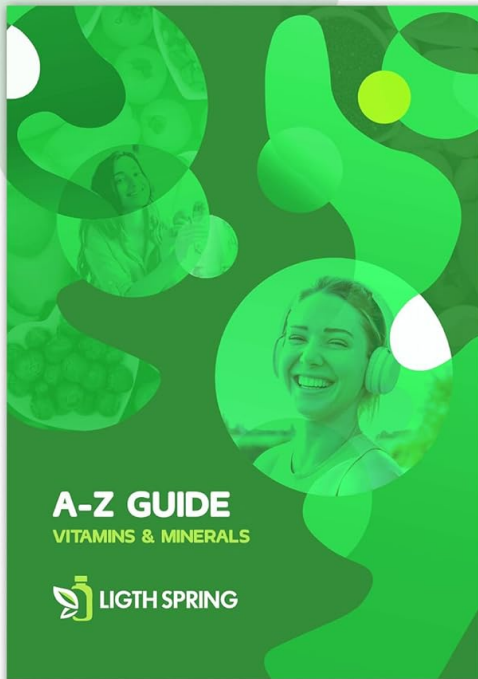
various aspects of health for individuals over 50:

- **Brain Health:** B-vitamins and zinc may contribute to normal brain function by supporting carbohydrate metabolism.
- **Eye Health:** Vitamins A, C, E, zinc, and lutein are included to support healthy vision.
- **Heart Health:** Vitamins B6, B12, and folic acid are known to promote cardiovascular health.
- **Bone Health:** Calcium and vitamin D are essential for maintaining strong bones.
- **Immune Function:** Antioxidants help support a healthy immune system.
- **Energy Levels:** B vitamins assist in sustaining natural energy levels.
- **Overall Well-being:** A balanced blend of vitamins and minerals supports general health and vitality.

"A-Z GUIDE - VITAMINS & MINERALS"

- Better Ligth Spring Guide -

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Ligth Spring

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Image: Visual representation of the multivitamin's benefits, including specific ingredients and features.



Image: A visual emphasizing the pursuit of optimal health, featuring the multivitamin product.

4. INGREDIENTS & NUTRITIONAL INFORMATION

This multivitamin contains a blend of essential vitamins and minerals, including but not limited to:

- Vitamins A, C, D, E, K
- B-vitamins (B6, B12, Folic Acid, Riboflavin, Niacin)
- Minerals (Calcium, Zinc)
- Other beneficial compounds (Lutein, Lycopene)

The formula is **iron-free**, making it suitable for individuals who do not require supplemental iron.

5. WARNINGS & PRECAUTIONS (MAINTENANCE/TROUBLESHOOTING)

- Keep out of reach of children.
- Consult a healthcare professional before use if you are pregnant, nursing, taking medication, or have a medical condition.
- Discontinue use and consult a doctor if any adverse reactions occur.
- Do not use if the seal under the cap is broken or missing.
- Statements regarding dietary supplements have not been evaluated by the Food and Drug Administration (FDA) and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

5.1. Allergen and Additive Information

This product is formulated **without**:

- Gluten
- Artificial Colors

- Artificial Sweeteners
- Dairy
- Artificial Flavors

**THEY ARE NOT INCLUDED
IN OUR FORMULAIC SOLUTION**



GLUTEN



ARTIFICIAL
COLORS



ARTIFICIAL
SWEETENERS



DAIRY



ARTIFICIAL
FLAVORS



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Image: Visual confirmation of ingredients not included in the supplement's formulation.

6. STORAGE

Store at room temperature, tightly closed. Avoid excessive heat. Do not remove the desiccant packet (if present).

7. SPECIFICATIONS

Product Name	Equate Adults 50+ Complete Multivitamin/Multimineral Supplement Tablets
Count	450 Tablets
Item Form	Tablet

Diet Type	Vegetarian
Flavor	Unflavored
Product Dimensions	3.2 x 3.2 x 6.1 inches
Weight	1.39 Pounds

8. MANUFACTURER INFORMATION & SUPPORT

Manufactured by Ligth Spring And Equate. For questions, concerns, or support regarding this product, please refer to the contact information provided on the product packaging or visit the official Equate website.

This product is from a small business brand. Your support is appreciated.