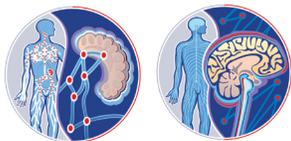




Super Once A Day Time Release Multiple Vitamins and Chelated Minerals

Quest Super Once A Day Time Release Multiple Vitamins and Chelated Minerals is a premier multivitamin and mineral formula that provides megadose nutrition in a single tablet. The time release format gives a continuous supply of nutrients, assuring maximum utilization of each ingredient. This supplement contains a complete spectrum of essential vitamins and easily absorbed amino acid-chelated minerals in a formula that also maximizes bioavailability and physiological bioactivity of the nutrients.



PRODUCT CODES: 338392 (60 tablets)
 338110 (90 tablets)
 338120 (180 tablets)
 338665 (300 tablets)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
For individuals requiring a time release multivitamin and mineral with higher doses of B-complex vitamins.	Tablets	Adults take 1 tablet daily with morning or noon meal, or as directed by health care practitioner. Formulated to release gradually over a 6-hour period.

DESCRIPTION:

Each easy-to-swallow tablet of Quest Super Once A Day Time Release Multiple Vitamins and Chelated Minerals contains the following:

Nutrients:		Chelated Minerals:		Lipotropic Factors:	
Vitamin A (Palmitate)	10,000 IU	Calcium (HVP Chelate, *		Choline Bitartrate	50 mg
Vitamin D3	400 IU	Calcium Phosphate)	125 mg	Inositol	50 mg
Vitamin E (d-alpha-Tocopherol Acetate)	50 IU	Magnesium (Gluconate)	100 mg	Non-Medicinal Ingredients:	
Vitamin C (Ascorbic Acid)	150 mg	Phosphorus (HVP Chelate, *		PABA (Para Aminobenzoic Acid)	50 mg
Vitamin B1 (Thiamine HCl)	50 mg	Calcium Phosphate)	50 mg	Citrus Bioflavonoids	25 mg
Vitamin B2 (Riboflavin)	50 mg	Potassium (Gluconate)	50 mg	Lecithin	15 mg
Vitamin B3 (Niacin)	50 mg	Iron (HVP Chelate*)	15 mg	(containing Unsaturated Fatty Acids)	6 mg
Pantothenic Acid (d-Calcium Pantothenate)	50 mg	Zinc (HVP Chelate*)	10 mg	Betaine (Hydrochloride)	12 mg
Vitamin B6 (Pyridoxine HCl)	50 mg	Manganese (HVP Chelate*)	1 mg	Hesperidin	10 mg
Folic Acid	0.2 mg	Copper (HVP Chelate*)	1 mg	Rutin	2 mg
Vitamin B12 (Cobalamin)	50 mcg	Iodine (Potassium Iodide)	0.1 mg	Papain	2 mg
Biotin	50 mcg	Selenium (HVP Chelate*)	25 mcg	L-Cysteine	0.6 mg
		Chromium (HVP Chelate*)	25 mcg		

*HVP = hydrolyzed vegetable (rice) protein. Alfalfa, Kelp, Parsley, Rosehips, Watercress, Rice Bran.

This product contains no artificial preservatives, colours, flavours, or added sugar, starch, milk products, yeast, gluten, or salt.

Recommended Daily Allowance: Dosage for each nutrient in this formula varies, depending on age.

Food Sources:

Vitamin A: Liver, eggs, butter, dairy products. **Vitamin D:** Sunlight, fatty fish, eggs, fortified milk. **Vitamin E:** Vegetable oils, nuts, whole grains, wheat germ, eggs, butter, liver, green leafy vegetables. **Vitamin C:** Fruits and vegetables, especially Brussels sprouts, collards, kale, parsley, tomatoes, sweet peppers, watercress, black currants, oranges, lemons, strawberries. **Vitamin B1:** Organ meats, pork, legumes, whole grains, eggs, poultry, fish. **Vitamin B2:** Liver, dairy products, eggs, meat, poultry, fish, legumes, spinach. **Vitamin B3:** Organ meats, meat, poultry, fish, legumes, dairy products, eggs, whole grains. **Pantothenic Acid:** Organ meats, milk, fish, poultry, eggs, whole grains, legumes, broccoli, sweet potatoes, avocados, cauliflower. **Vitamin B6:** Nuts and seeds, legumes, wheat germ, whole grains, bananas, potatoes, salmon, herring, liver, meat, poultry, eggs. **Folic Acid:** Dark green leafy vegetables, liver, brewer's yeast, legumes, asparagus, broccoli, wheat germ, whole grains. **Vitamin B12:** Liver, kidney, beef, herring, mackerel, eggs, fish, cheese. **Biotin:** Egg yolk, liver. **Calcium:** Dairy products, legumes, dark green leafy vegetables, wheat bran, sea vegetables, almonds, Brazil nuts, figs. **Magnesium:** Legumes, nuts and seeds, whole grains, green leafy vegetables, blackstrap molasses, wheat germ.

Super Once A Day Time Release Multiple Vitamins and Chelated Minerals

Food Sources: (continued)

Phosphorus: Dairy products, meat, fish, nuts, legumes, whole grains. **Potassium:** Dairy products, fruits and vegetables. **Iron:** Liver, beef, poultry, sardines, oysters, eggs, whole grains, dried fruit, legumes, potatoes, dark green leafy vegetables, prunes. **Zinc:** Oysters and other shellfish, fish, red meat, dark meat of poultry, whole grains, legumes, nuts and seeds. **Manganese:** Nuts and seeds, whole grains, dried fruit, green leafy vegetables. **Copper:** Organ meats, shellfish, nuts and seeds, whole grains. **Iodine:** Sea vegetables, fish, shellfish, iodized salt. **Selenium:** Depends on the selenium content of the soil. Meat, organ mat, whole grains. **Chromium:** Meat, liver, whole grains, brewer's yeast, cheese, beer.

Causes of Deficiency:

Vitamin A: Inadequate dietary intake, bile acid or pancreatic deficiency, liver disease, zinc deficiency. **Vitamin D:** Inadequate sunshine, poor diet. **Vitamin E:** Poor diet, Crohn's disease, celiac disease, cystic fibrosis. **Vitamin C:** Poor diet. **Vitamin B1:** Poor diet, refined grains, high sugar intake, alcoholism. **Vitamin B2:** Some weight-loss diets, alcoholism, oral contraceptives, antibiotics, stress. **Vitamin B3:** Poor diet. **Pantothenic Acid:** Deficiency has not been reported in humans because it is available in a wide variety of foods. **Vitamin B6:** Poor diet, some oral contraceptives, alcoholism, tobacco and air pollutants, stress. **Folic Acid:** Diet deficient in vegetables, alcoholism, some drugs. **Vitamin B12:** Strict vegetarian (vegan) diet, inadequate secretion of intrinsic factor. **Biotin:** Rare, prolonged consumption of raw egg whites. **Calcium:** Abnormal parathyroid function, vitamin D deficiency, magnesium deficiency, alcoholism, low-calcium diet, high sugar intake, excess protein relative to calcium intake, phosphates from carbonated beverages, excess caffeine, excess sodium. **Magnesium:** Diet of refined foods, excess calcium intake, alcoholism, surgery, diuretics, liver and kidney disease, some oral contraceptives. **Phosphorus:** Long-term use of aluminum-containing antacids. Deficiencies rare except in the elderly, menopausal women, and individuals on restricted diets. **Potassium:** Diet low in fruits and vegetables and high in sodium; prepared foods; excess fluid loss from sweating, diarrhea, or urination; diuretics, laxatives, Aspirin, and other drugs. **Iron:** Poor diet, diminished absorption or utilization, blood loss. **Zinc:** Poor diet, excess fibre, excess phytic acid from diet high in legumes and whole grains, Crohn's disease, malabsorption syndromes, alcoholism. **Manganese:** Diet of refined foods. **Copper:** Malabsorption syndromes, celiac disease, cystic fibrosis. **Iodine:** Iodine-poor soil, overconsumption of goitrogenic foods (raw cruciferous vegetables, rutabagas, raw spinach). **Selenium:** Poor diet, low selenium content of the soil, heavy metals, excess zinc, some chemotherapeutic drugs. **Chromium:** Refined foods, lack of exercise, antacids.

Symptoms of Deficiency:

Vitamin A: Night blindness, dry eyes, eye infection, skin problems, slowed growth, reproductive failure, susceptibility to infection and disease (weak immune system). **Vitamin D:** Rickets, osteomalacia, osteoporosis, joint pain. **Vitamin E:** Nerve damage, muscle weakness, poor coordination, haemolytic anemia, damage to the retina. **Vitamin C:** Bleeding gums, easy bruising, fragile bones, poor wound healing, susceptibility to infection, hysteria, depression. **Vitamin B1:** Fatigue, depression, impaired mental function, pins-and-needles sensation and numbness of legs, constipation, beri-beri. **Vitamin B2:** Cracking of lips and corners of mouth, inflamed tongue, sensitivity to light, loss of visual acuity, cataracts, anemia, seborrheic dermatitis, fatigue, poor appetite. **Vitamin B3:** Apprehension, irritability, depression, weakness, memory loss, pellagra (dermatitis, dementia, diarrhea). **Pantothenic Acid:** Deficiency has not been reported in humans because it is available in a wide variety of foods. **Vitamin B6:** Depression, glucose intolerance, anemia, impaired nerve function, cracks in the corners of the mouth, eczema. **Folic Acid:** Anemia, irritability, weakness, insomnia, depression, poor growth, diarrhea, gingivitis, memory problems, loss of appetite, fatigue, shortness of breath. **Vitamin B12:** Impaired nervous system function, impaired mental function, pernicious anemia. **Biotin:** Hair loss; red scaly rash around eyes, nose, mouth, and genital area; depression; lethargy; hallucination; numbness and tingling in extremities. **Calcium:** Rickets, osteomalacia, osteoporosis, muscle spasms, leg cramps. **Magnesium:** Fatigue, mental confusion, irritability, weakness, heart disturbances, problems in nerve conduction and muscle contraction, muscle cramps, loss of appetite, insomnia, predisposition to stress. **Phosphorus:** Weakness, loss of appetite, loss of bone mass, loss of calcium. (continued)

Super Once A Day Time Release Multiple Vitamins and Chelated Minerals (continued)

DESCRIPTION: (continued)

Symptoms of Deficiency: (continued)

Potassium: Muscle weakness, fatigue, mental confusion, irritability, heart disturbances, problems in nerve conduction and muscle contraction. **Iron:** Anemia, learning disabilities, impaired immune function, decreased energy, fatigue. **Zinc:** Susceptibility to infection, slow wound healing, diminished appetite, impaired sense of taste and smell, impaired night vision. **Manganese:** Disruption to normal growth and metabolism, skin rash, loss of hair colour, bone remodeling, reduced growth of hair and nails, reduced HDL cholesterol. **Copper:** Anemia unresponsive to iron, osteoporosis. **Iodine:** Goiter, cretinism, intellectual disability, growth retardation, miscarriage, increased infant mortality. **Selenium:** Increased risk of cancer, heart disease, low immune function. **Chromium:** Glucose intolerance, elevated blood sugar and insulin levels.

Complementary Nutrients:

Vitamin A: Zinc, vitamin E. **Vitamin D:** Calcium. **Vitamin E:** Selenium, vitamin E is necessary for the conversion of vitamin B12 to its most active form. **Vitamin C:** Bioflavonoids, vitamin E, selenium, beta carotene. **Vitamin B1:** Other B vitamins, magnesium. **Vitamin B2:** Other B vitamins, especially B1. **Vitamin B3:** Other B vitamins, tryptophan. **Pantothenic Acid:** Other B vitamins, carnitine, CoQ10. **Vitamin B6:** Other B vitamins, especially B2; magnesium; zinc. **Folic Acid:** Vitamin B12, SAM, vitamin B6, choline. **Vitamin B12:** Vitamin E, folic acid, vitamin C. **Biotin:** A healthy diet. **Calcium:** Vitamin D, magnesium, potassium, vitamin K. **Magnesium:** Calcium, phosphorus, vitamin B5. **Phosphorus:** Calcium. **Potassium:** Dairy products, fruits and vegetables. **Iron:** Vitamin C. **Zinc:** A healthy diet. **Manganese:** A healthy diet. **Copper:** A healthy diet. **Iodine:** A healthy diet. **Selenium:** Other antioxidant nutrients. **Chromium:** A healthy diet.

HOW IT WORKS:

Multivitamin and mineral supplements provide a balanced dose of the basic vitamins and minerals in amounts that pose little or no risk of overdosing on any one nutrient.

Vitamin A: Plays a role in our immune system and in the formation of healthy epithelial tissue. An antioxidant, it protects against damage to cells that can lead to cancer. **Vitamin D:** Stimulates the absorption of calcium and has anticancer properties. **Vitamin E:** Protects the fatty tissues of the body. Protects against toxic substances. **Vitamin C:** An antioxidant and immune-enhancing vitamin. **Vitamin B1:** Protects against impaired mental function, required for proper energy production in the brain. **Vitamin B2:** Needed for tissue repair and for healthy eyes. Important for energy production. **Vitamin B3:** Functions in the body as a component in the coenzymes NAD and NADP. Plays an important role in energy production; fat, cholesterol, and carbohydrate metabolism; and the manufacture of many body compounds, including sex and adrenal hormones. **Pantothenic Acid:** Vital to the healthy functioning of the adrenal glands, which is why pantothenic acid has long been considered an "anti-stress" vitamin. **Vitamin B6:** Involved in the metabolism of amino acids and essential fatty acids, and is therefore required for the proper growth and maintenance of all body functions. **Folic Acid:** Vital to healthy cell division and replication, especially the lining of the gastrointestinal tract, the skin, and the bone marrow, where blood cells are formed. Also involved as coenzymes for neurotransmitters, and important to the healthy functioning of the immune system. **Vitamin B12:** Involved in the production of DNA, red blood cells, and the myelin sheath that surrounds nerve cells and speeds the conduction of signals along nerve cells. For proper absorption of B12, the stomach produces a digestive secretion called intrinsic factor. **Biotin:** A B vitamin that is involved in the biosynthesis of fatty acids and energy production. **Calcium:** Besides its role in the formation of bones and teeth, calcium is also involved in fat and protein digestion and the production of energy. It is involved in blood clotting and the transmission of nerve impulses, and it regulates the contraction and relaxation of muscles, including the heart. **Magnesium:** Besides its role in maintaining healthy bones, magnesium is also involved in maintaining a healthy nervous system. In addition, magnesium is required for muscle relaxation, energy production, protein formation, cellular replication, the regulation of sodium and potassium in the cells, and efficient heart function. **Phosphorus:** The second most abundant mineral in the body after calcium. Contributes to bone hardness and



DID YOU KNOW...

Many studies indicate that most diets, even healthy ones, fall well below the Recommended Dietary Allowance for many nutrients.

HOW IT WORKS: (continued)

plays a part in almost every important chemical reaction in the body, especially in the utilization of fats, protein, and carbohydrates. **Potassium:** The most important dietary electrolyte, potassium functions in the maintenance of water balance and distribution, acid-base balance, muscle and nerve cell function, heart function, and kidney and adrenal function. **Iron:** Transports oxygen from the lungs to the body's tissues and carbon dioxide from the tissues to the lungs. It also functions in several key enzymes in energy production and metabolism, including DNA synthesis. **Zinc:** Functions as a cofactor in over 20 enzymatic reactions. Plays a role in insulin activity, protein and DNA synthesis, taste and smell, wound healing, the maintenance of normal vitamin A levels, bone structure, and the immune system. **Manganese:** Required for many enzyme systems, normal bone growth and development, and normal reproduction. Also required for the proper functioning of the nerves and possibly the immune system. **Copper:** Copper is required for normal infant development, red and white blood cell maturation, iron transport, bone strength, cholesterol metabolism, myocardial contractility, glucose metabolism, brain development, and immune function. **Iodine:** Three-quarters of the iodine in the body is found in the thyroid gland, the remainder is found throughout the body, mostly in the fluid that bathes our cells, It is important in the proper functioning of the thyroid gland and is part of the thyroid hormones used to regulate our metabolism, influencing physical and mental growth, the functioning of the nervous system and muscles, circulatory activity, and the metabolism of all nutrients. **Selenium:** Best known as an antioxidant and anticancer mineral. A component of the enzyme glutathione peroxidase, which protects our cells against free radical damage. **Chromium:** Supplementation used in the treatment of impaired glucose tolerance (hypoglycemia and diabetes), elevated blood cholesterol and triglyceride levels, promotion of weight loss, and treatment of acne.

RESEARCH:

The efficacy of multivitamin and mineral supplementation is supported by a comprehensive report issued by the Council for Responsible Nutrition. The report found that ongoing use of multivitamins and minerals demonstrated a quantifiable positive impact in areas ranging from strengthening the immune system of highly vulnerable elderly patients to drastically reducing the risk of neural tube birth defects such as spina bifida. This report was written based on the review of a decade's worth of the most scientifically significant studies measuring the health benefits of multivitamins and other nutritional supplements. One of the report's findings states, "The routine use of multivitamin and mineral supplements by the elderly could improve immune function and thus reduce infectious disease, potentially cutting in half the total number of days they are sick."

SIDE EFFECTS:

This formula is generally safe at the recommended dosage.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Not for use by children. Consult a health care practitioner if you have a serious illness or are taking medications.

OTHER CONSIDERATIONS:

Consult a health care practitioner before use if you are pregnant or breastfeeding. Keep out of reach of children.

LABEL:



QUEST

SUPER UN PAR JOUR

Multivitamines et minéraux chélatés

à dissolution graduelle

60 comprimés
DIN 00521086

QUALITÉ SUPÉRIEURE

Biobio BIOPHARMACIUM

Nouveau comprimé SUPÉRIEUR

Manufactured in Canada in accordance with Good Manufacturing Practices by Fabrique au Canada conformément aux Bonnes Pratiques de Fabrication par: Quest Vitamins Vancouver, BC V6P 6P2 www.questvitamins.com

0 58371 21354 3



QUEST

SUPER ONCE A DAY

Multiple Vitamins & Chelated Minerals

Timed Release

60 Tablets
DIN 00521086

PREMIUM QUALITY

Enhanced ENHANCED

New Tablet New Tablet

Biobio BIOPHARMACIUM

Each Tablet Contains/ Chaque comprimé contient:

Vitamin A (Palmitate) 10,000 IU	Potassium Gluconate 50 mg
Vitamin D 400 IU	Isoflavan (HVP Chelate) ¹ 15 mg
Vitamin E (d-Alpha Tocopheryl Acetate) 50 IU	Zinc (HVP Chelate) ² 10 mg
Vitamin C (Ascorbic Acid) 50 mg	Manganese (HVP Chelate) ³ 1 mg
Vitamin B-1 (Thiamine Hydrochloride) 50 mg	Copper/Cuivre (HVP Chelate) ⁴ 1 mg
Vitamin B-2 (Riboflavin) 50 mg	iodine/Iode (Potassium Iodide) 0.1 mg
Niacin 50 mg	Selenium (HVP Chelate) ⁵ 25 mcg
Pantoic Acid (d-Calcium Pantothenate) 50 mg	Chromium (HVP Chelate) ⁶ 25 mcg
Vitamin B-6 (Pyridoxine Hydrochloride) 50 mg	⁷ HVP-Hydrolyzed vegetable (rice) protein
Folic Acid 0.2 mg	⁸ PVPs-Proteine végétale (de riz) hydrolysée
Biotin 50 mcg	Non-medical Ingredients/ Ingrédients non-médicamentueux:
(Cyanocobalamin) 50 mcg	PAHA (Para Amino benzoic Acid) 50 mg
Choline Bitartrate 50 mg	Citrus Bioflavonoids 25 mg
Iron (Iron Chelate) ⁹ 50 mg	Lecithin 15 mg
Calcium (HVP Chelate) ¹⁰ 50 mg	glycerol Unstearated Fatty Acids
Calcium Phosphate 125 mg	Acides gras essentiels 5 mg
Magnesium Gluconate 100 mg	Benzoic Hydrochloride 10 mg
Phosphorus (HVP Chelate) ¹¹ 2 mg	Hesperidin 10 mg
Calcium Phosphate 50 mg	Papain 2 mg
	Rutin 2 mg
	L-Cysteine 0.8 mg

Also contains: Allulul, help, parsley, rice bran, rosehips, watercress, hyponoxylon, microcrystalline cellulose, vegetable stearic acid, vegetable magnesium stearate, silicon dioxide.

CellCote Coating: Vegetable cellulose complex.

Contains no artificial preservatives, colours, flavours, sugar, starch, milk products or yeast.

Contient également: Luzerne, varech, persil, son de riz, cynorhodon, cresson, hyponoxylon, cellulose microcristalline, acide stéarique végétal, stéarate de magnésium végétal, di- oxyde de silicium.

Enrobage CellCote: Complexe de cellulose végétale.

Sans colorants, arômes ni agents de conservation artificiels ni sucre, amidon, produits laitiers ou levure.