

basic's

Women's Multivitamin Health Formula With Calcium & Extra Iron

HIGH QUALITY BASICS

Basic
VITAMINS

90
TABLETS

WARNING: Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

KEEP OUT OF THE REACH OF CHILDREN.
DO NOT PURCHASE IF OUTER SEAL
IS MISSING OR BROKEN.
STORE IN COOL, DRY ROOM.

DIRECTIONS: Adults, take one (1) tablet daily, preferably with a meal.

CONTAINS NO: Sugar, Starch, Milk, Yeast, Preservatives or Artificial Flavors. Low Sodium.

NUTRITION FACTS

Serving Size: 1 Tablet	Servings per container: 90	
Each Tablet Contains:	% of Daily Value	
Vitamin A (as acetate and beta carotene)	2500 IU	50%
Vitamin C (as ascorbic acid)	60 mg.	100%
Vitamin D3 (as cholecalciferol)	400 IU	100%
Vitamin E (as dl-alpha tocopheryl acetate)	30 IU	100%
Thiamin (vitamin B1) (as thiamin mononitrate)	1.5 mg.	100%
Riboflavin (vitamin B2)	1.7 mg.	100%
Niacin (as niacinamide)	10 mg.	50%
Vitamin B6 (as pyridoxine hydrochloride)	2 mg.	100%
Folic Acid	400 mcg.	100%
Vitamin B12 (as cyanocobalamin)	6 mcg.	100%
Pantothenic Acid (as calcium pantothenate)	5 mg.	50%
Calcium (as calcium carbonate)	450 mg.	45%
Iron (as ferrous fumarate)	18 mg.	100%
Magnesium (as magnesium oxide)	50 mg.	13%
Zinc (as zinc oxide)	15mg.	100%

Other Ingredients: Cellulose, croscarmellose sodium, silicon dioxide, stearic acid, magnesium stearate, hydroxypropyl methylcellulose, polyethylene glycol, FD&C Yellow #5, FD&C Yellow #6, FD&C Blue #2.

www.basicvitamins.com

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