



SWANSON[®]
PREMIUM BRAND
bringing wellness to the world since 1969

Daily Multi-Vitamin & Mineral

Dietary Supplement

250 capsules



• DO NOT USE IF SEAL IS BROKEN • STORE IN A COOL, DRY PLACE.
• KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take one capsule one to two times per day with water and food.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under age six. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately. Women who are pregnant or likely to become pregnant should not use this product.

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Vitamin A USP (from fish liver oil)	5,000 IU	100%
Vitamin A USP (as beta-carotene)	5,000 IU	100%
Vitamin C USP (from calcium ascorbate)	200 mg	333%
Vitamin D USP (from fish liver oil)	400 IU	100%
Vitamin E USP (as d-alpha tocopheryl succinate)	15 IU	50%
Thiamin USP (as thiamin mononitrate) (vitamin B-1)	10 mg	667%
Riboflavin USP (vitamin B-2)	10 mg	588%
Niacinamide USP	100 mg	500%
Vitamin B-6 USP (as pyridoxine HCl)	5 mg	250%
Folic Acid USP	400 mcg	100%
Vitamin B-12 USP (as cyanocobalamin)	5 mcg	83%
Pantothenic Acid USP (as d-calcium pantothenate)	20 mg	200%
Calcium (from calcium carbonate and ascorbate)	150 mg	15%
Iron USP (from ferrous sulfate)	12 mg	67%
Iodine (from kelp)	150 mcg	100%
Magnesium USP (from magnesium oxide)	32.5 mg	8%
Zinc (from zinc sulfate)	15 mg	100%
Copper (from copper sulfate)	2 mg	100%
Manganese USP (from manganese sulfate)	1 mg	50%

Other ingredients: Modified food starch, gelatin, dl-alpha tocopherol, may contain one or more of the following: microcrystalline cellulose (plant fiber), magnesium stearate, silica.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
PO Box 2803 • Fargo, ND 58108 USA
TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com



SW257