



SWANSON
PREMIUM BRAND
bringing wellness to the world since 1969

Active One Multi with Iron

Multi-Vitamin &
Mineral Supplement

90 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 per day with food and water.
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. Because chromium may enhance insulin sensitivity and affect glucose levels, diabetics and hypoglycemics should consult their healthcare provider before using this product.

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Vitamin A USP (as beta-carotene).....	10,000 IU	200%
Vitamin C USP (as ascorbic acid).....	150 mg	250%
Vitamin D USP (as cholecalciferol).....	400 IU	100%
Vitamin E USP (as d-alpha tocopheryl succinate).....	100 IU	333%
Thiamin USP (thiamin mononitrate) (vitamin B-1).....	25 mg	1,667%
Riboflavin USP (vitamin B-2).....	25 mg	1,471%
Niacin USP (as niacinamide).....	25 mg	125%
Vitamin B-6 USP (as pyridoxine HCl).....	25 mg	1,250%
Folic Acid USP.....	400 mcg	100%
Vitamin B-12 USP (as cyanocobalamin).....	100 mcg	1,667%
Biotin USP.....	300 mcg	100%
Pantothenic Acid USP (as calcium pantothenate).....	50 mg	500%
Calcium (from calcium carbonate).....	25 mg	3%
Iron (from ferrous fumarate).....	10 mg	56%
Iodine USP (from potassium iodide).....	150 mcg	100%
Magnesium (from magnesium oxide).....	8 mg	2%
Zinc (from zinc picolinate).....	15 mg	100%
Selenium (from Albion® amino acid complex).....	200 mcg	286%
Copper (from copper gluconate).....	2 mg	100%
Manganese (from manganese gluconate).....	5 mg	250%
Chromium (from chromium picolinate).....	200 mcg	167%
Molybdenum (from molybdenum amino acid chelate).....	150 mcg	200%

PABA USP (para-aminobenzoic acid) 25 mg*; Choline Bitartrate FCC 25 mg*; Inositol FCC 25 mg*; Vanadium (from vanadyl sulfate) 2 mg*; Lutein (from marigold flower extract) 1 mg*

*Daily Value not established.

Other ingredients: Gelatin, modified food starch, microcrystalline cellulose (plant fiber), calcium palmitate, lutein 5% beadslets (gelatin, corn oil, sucrose, ascorbyl palmitate, tocopherol, sodium ascorbate).

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