

swanson.com
or call 1-800-437-4148

- 19 vitamins and minerals per serving
- All-purpose multivitamin with minerals for daily use
- Helps fill dietary gaps for essential vitamins and minerals*

Science-Backed Quality Since 1969

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

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.

WARNINGS: For adults only. Consult physician if you are pregnant or nursing, taking medication, or if you have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Multi And Mineral

Balanced Formula for Daily Support*

DAILY

DIETARY SUPPLEMENT | 250 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Vitamin A (as palmitate and 50% as beta-carotene)	3,000 mcg RAE 333%
Vitamin C (from calcium ascorbate)	200 mg 222%
Vitamin D (as cholecalciferol)	10 mcg 50%
Vitamin E (as d-alpha tocopheryl succinate)	10 mg 67%
Thiamin (from thiamin mononitrate) (vitamin B-1)	10 mg 833%
Riboflavin (vitamin B-2)	10 mg 769%
Niacin	100 mg NE 625%
Vitamin B-6 (from pyridoxine HCl)	5 mg 294%
Folate	665 mcg DFE 166%
(400 mcg folic acid)	
Vitamin B-12 (as cyanocobalamin)	5 mcg 208%
Pantothenic Acid (from d-calcium pantothenate)	20 mg 400%
Calcium	160 mg 12%
(from calcium carbonate and ascorbate)	
Iron (from ferrous sulfate)	12 mg 67%
Iodine (from kelp)	150 mcg 100%
Magnesium (from magnesium oxide)	32.5 mg 8%
Zinc (from zinc sulfate)	15 mg 136%
Selenium (as selenium amino acid complex)	200 mcg 364%
Copper (from copper sulfate)	2 mg 222%
Manganese (from manganese sulfate)	1 mg 43%

Other ingredients: Gelatin, beta-carotene beadlets (modified food starch, water, d-alpha tocopherol), vitamin A beadlets (modified food starch, sucrose, coconut oil, butylated hydroxytoluene, sodium ascorbate, silica, sodium benzoate, sorbic acid), rice flour, gum acacia, maltodextrin, magnesium stearate, vitamin D3 beadlets (modified food starch, sucrose, sodium ascorbate, medium-chain triglycerides, silicon dioxide, d-alpha tocopherol), microcrystalline cellulose (plant fiber).
May contain crustacean shellfish (lobster, shrimp and crab). Rev 0 12 07 17
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