

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

- Full day's supply of 18 essential vitamins and minerals
- High potency levels of B vitamins and important antioxidants

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take two softgels per day with food and water.

SelenoExcell® is a registered trademark of Cypress Systems, Inc.

WARNING: Accidental overdose or 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.

WARNING: For adults only. Consult physician if you are pregnant or nursing, taking medication, or if you have a medical condition.

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

*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

Comprehensive Formula
for Overall Health*

HIGH POTENCY

VITAMIN SUPPLEMENT | 120 SOFTGELS

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 60

Amount Per Serving	% Daily Value
Calories	20
Total Fat	2 g 3%†
Vitamin A (as beta-carotene)	3,000 mcg RAE 333%
Vitamin C (as ascorbic acid)	300 mg 333%
Vitamin D (as cholecalciferol)	10 mcg 50%
Vitamin E (as d-alpha tocopheryl acetate)	134 mg 893%
Thiamin (vitamin B-1) (as thiamin mononitrate)	50 mg 4,167%
Riboflavin (vitamin B-2)	50 mg 3,846%
Niacin (from niacinamide and niacin)	60 mg NE 375%
Vitamin B-6 (as pyridoxine HCl)	50 mg 2,941%
Folate	.665 mcg DFE (400 mcg folic acid) 166%
Vitamin B-12 (as cyanocobalamin)	50 mcg 2,083%
Biotin	300 mcg 1,000%
Pantothenic Acid (as d-calcium pantothenate)	50 mg 1,000%
Choline (from choline bitartrate)	50 mg 9%
Calcium (from calcium carbonate)	200 mg 15%
Iron (from ferrous fumarate)	15 mg 83%
Iodine (from potassium iodide)	150 mcg 100%
Magnesium (from magnesium oxide)	100 mg 24%
Zinc (from zinc oxide)	15 mg 136%
Selenium (SelenoExcell® organically bound high-selenium yeast)	200 mcg 364%
Copper (from copper gluconate)	2 mg 222%
Manganese (from manganese sulfate)	10 mg 435%
Chromium (from chromium picolinate)	120 mcg 343%
Molybdenum (from sodium molybdate)	75 mcg 167%

Sunflower Lecithin, 80 mg*; Inositol, 50 mg*; PABA (para-aminobenzoic acid), 50 mg*; Boron (from calcium borogluconate), 1 mg*; Silica, 500 mcg*; Vanadium (from vanadyl sulfate), 10 mcg*

†Percent Daily Values are based on a 2,000 calorie diet.
*Daily Value not established.

Other Ingredients: Medium-chain triglycerides oil (palm), gelatin, glycerin, potassium chloride, purified water, canola oil, beeswax, carob (contains caramel color, corn syrup, carob extract).
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