

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

- Full day's supply of 18 essential vitamins and minerals
- High potency levels of many 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: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication, or if you have a medical condition. Keep away from children.

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.

Rev 012 20 17



Multi Without Iron

Comprehensive Iron Free
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.....	670 mcg DFE (400 mcg folic acid).....168%
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%
Iodine (from potassium iodide).....	150 mcg.....100%
Magnesium (from magnesium oxide).....	100 mg.....24%
Zinc (from zinc oxide).....	15 mg.....135%
Selenium (from 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 (from coconut and/or palm oil), gelatin, glycerin, potassium chloride, purified water, carola oil, beeswax, carob (contains caramel color, corn syrup, carob extract). Contains tree nuts (coconut).

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