

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

- Essential vitamins and minerals plus powerful enzymes and herbal extracts
- Whole food base helps improve daily phytonutrient intake*
- Safe and easy on the stomach*

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take three tablets per day with water.

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

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

*These statements have 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 WITHOUT IRON

WHOLE FOOD FORMULA

DIETARY SUPPLEMENT | 90 TABLETS

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	20	Potassium (as potassium chloride and potassium amino acid chelate)	50 mg.....1%
Total Carbohydrate	3 g.....1%†		
Dietary Fiber	1 g.....6%†		
Protein	1 g	Spirulina	1 g.....**
Vitamin A	10,000 IU.....200%	(Arthrospira platensis) (microalgae)	
(as beta-carotene)		Bee Pollen	100 mg.....**
Vitamin C	1,000 mg..1,667%	Lemon Bioflavonoid	60 mg.....**
(as ascorbic acid)		Black Currant Seed Oil	50 mg.....**
Vitamin D (as cholecalciferol)	400 IU....100%	(Ribes nigrum)	
Vitamin E	200 IU....667%	Asian Ginseng Root	50 mg.....**
(as dl-alpha tocopheryl acetate)		(Panax ginseng)	
Thiamin (vitamin B-1)	25 mg..1,666%	Choline (as choline bitartrate)	30 mg.....**
(as thiamin HCl)		Inositol	30 mg.....**
Riboflavin (vitamin B-2)	25 mg..1,470%	Papain	30 mg.....**
Niacin (as niacinamide)	40 mg.....200%	(from Carica papaya) (fruit) (proteolytic enzyme) (2,000 USP units/mg)	
Vitamin B-6 (as pyridoxine HCl)	25 mg..1,250%	Quercetin Dihydrate	30 mg.....**
Folic Acid	400 mcg....100%	(Sophora japonica) (flowers)	
Vitamin B-12	200 mcg..3,333%	Betaine Anhydrous	25 mg.....**
(as cyanocobalamin)		(from sugar beets)	
Biotin	100 mcg....33%	Rutin (Sophora japonica)	25 mg.....**
Pantothenic Acid	60 mg.....600%	(flower buds)	
(as d-calcium pantothenate)		RNA (ribonucleic acid, from yeast)	21 mg.....**
Calcium	200 mg.....20%	Apple Pectin (fruit)	20 mg.....**
(85% from calcium carbonate; 15% from calcium amino acid chelate)		PABA (para-aminobenzoic acid)	15 mg.....**
Iodine (from kelp)	150 mcg....100%	Bromelain (from pineapple)	10 mg.....**
Magnesium	100 mg.....25%	(providing 24 GDU)	
(80% from magnesium oxide; 20% from magnesium amino acid chelate)		Brewer's Yeast	6 mg.....**
Zinc (from TRAACS® zinc	15 mg....100%	Amylase	5 mg.....**
glycinate chelate)		(100,000 SKB/gram) (lingual)	
Selenium	25 mcg.....36%	Lipase (15,000 FIP/gram) (lingual)	5 mg.....**
(from selenium amino acid complex)		Lutein	2 mg.....**
Copper	500 mcg.....25%	(from marigold flower extract)	
(from copper amino acid chelate)		Octacosanol	200 mcg.....**
Manganese	4 mg.....200%	(from sugar cane)	
(from manganese amino acid chelate)			
Chromium	20 mcg.....17%		
(from chromium amino acid chelate)			

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

Other ingredients: Cellulose, silica, croscarmellose sodium, maltodextrin, calcium palmitate, crospovidone, gelatin, lutein beadlets (marigold extract, cellulose gum, sucrose, natural tocopherols, ascorbyl palmitate), sucrose, starch, glycerin, PVP, ascorbyl palmitate, gum arabic, dl-alpha tocopherol, glycerides, water, calcium phosphate, dextrin.

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