

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

- Delivers a full-day's supply of 16 essential vitamins and minerals in 1 tablet
- Protects against stress-induced nutrient depletion

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one tablet per day with water. Women who are pregnant or likely to become pregnant should not exceed recommended dose.

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 immediately.

WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication, especially blood-thinning 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.

Rev 1 06 22 18



SWANSON®

Multi with Iron

Comprehensive Formula
for Overall Health

CENTURY FORMULA

VITAMIN & MINERAL SUPPLEMENT | 130 TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Vitamin A (as acetate).....	1,500 mcg RAE 167%
Vitamin C (as ascorbic acid).....	90 mg 100%
Vitamin D (as cholecalciferol).....	10 mcg 50%
Vitamin E.....	20 mg 133%
(as d-alpha tocopheryl succinate)	
Vitamin K (as phytonadione).....	25 mcg 21%
Thiamin (as thiamin mononitrate).....	2.3 mg 192%
(vitamin B-1)	
Riboflavin (vitamin B-2).....	2.6 mg 200%
Niacin (as niacinamide).....	20 mg NE 125%
Vitamin B-6 (from pyridoxine HCl).....	3 mg 176%
Folate.....	667 mcg DFE 167%
(400 mcg folic acid)	
Vitamin B-12 (as cyanocobalamin).....	9 mcg 375%
Biotin.....	25 mcg 83%
Pantothenic Acid.....	10 mg 200%
(as d-calcium pantothenate)	
Calcium (from calcium carbonate).....	162 mg 12%
Iron (from ferrous fumarate).....	27 mg 150%
Iodine (from potassium iodide).....	150 mcg 100%
Magnesium (from magnesium oxide).....	100 mg 24%
Zinc (from zinc sulfate).....	15 mg 136%
Selenium (from sodium selenate).....	25 mcg 45%
Copper (from copper gluconate).....	2 mg 222%
Manganese (from manganese sulfate).....	5 mg 217%
Chromium (from chromium chloride).....	25 mcg 71%
Molybdenum (from sodium molybdate).....	25 mcg 56%
Potassium (from potassium chloride).....	60 mg 1%

Other ingredients: Stearic acid, croscarmellose sodium, magnesium stearate, aqueous film coating (purified water, hydroxypropyl methylcellulose, polyethylene glycol), gum acacia, maltodextrin.

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