

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

Comprehensive Formula in a Whole Food Base

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..... 50 mg..... 1%	
Total Carbohydrate..... 3 g..... 1%†		chloride and potassium amino acid chelate)	
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	
Vitamin B-6 (as pyridoxine HCl)..... 25 mg.. 1,250%		enzyme) (2,000 USP units/mg)	
Folic Acid..... 400 mcg..... 100%		Quercetin Dihydrate..... 30 mg..... *	
Vitamin B-12..... 200 mcg.. 3,333%		(Sophora japonica) (flowers)	
(as cyanocobalamin)		Betaine Anhydrous..... 25 mg..... *	
Biotin..... 100 mcg..... 33%		(from sugar beets)	
Pantothenic Acid..... 60 mg..... 600%		Rutin (Sophora japonica)..... 25 mg..... *	
(as d-calcium pantothenate)		(flower buds)	
Calcium..... 200 mg..... 20%		RNA (ribonucleic acid, from yeast)..... 21 mg..... *	
(85% from calcium carbonate; 15% from		Apple Pectin (fruit)..... 20 mg..... *	
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		Brewer's Yeast..... 6 mg..... *	
magnesium amino acid chelate)		Amylase..... 5 mg..... *	
Zinc (from TRAACS® zinc..... 15 mg..... 100%		(100,000 SKB/gram) (fungi)	
glycinate chelate)		Lipase (15,000 FIP/gram) (fungi)..... 5 mg..... *	
Selenium..... 25 mcg..... 36%		Lutein..... 2 mg..... *	
(from selenium amino acid complex)		(from marigold flower extract)	
Copper..... 500 mcg..... 25%		Octacosanol..... 200 mcg..... *	
(from copper amino acid chelate)		(from sugar cane)	
Manganese..... 4 mg..... 200%			
(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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