

DIETARY SUPPLEMENT

Carlson

with LUTEIN

VEGETARIAN

SUPER 1 DAILY®

VITAMINS & MINERALS

60 TABLETS

4009 • 3P

**A Super-Strength Vegetarian Supplement to
Help Keep You Feeling Young and Healthy***

Supplement Facts

Serving Size 1 Tablet

	Amount Per Tablet	% DV
Vitamin A (as beta carotene)	10,000 IU	200%
Vitamin C (as calcium ascorbate)	300 mg	500%
Vitamin D ₃ (cholecalciferol)	1,000 IU	250%
Vitamin E (as d-alpha-tocopheryl succinate)	200 IU	667%
Vitamin K ₂ (as menaquinone MK-4)	60 mcg	75%
Thiamin (Vitamin B-1) (from thiamin HCl)	15 mg	1000%
Riboflavin (Vitamin B-2)	17 mg	1000%
Niacin (as niacinamide) (B-3)	50 mg	250%
Vitamin B-6 (from pyridoxine HCl)	20 mg	1000%
Folate (folic acid)	400 mcg	100%
Vitamin B-12 (cyanocobalamin)	100 mcg	1667%
Biotin	300 mcg	100%
Pantothenic Acid (from d-calcium pantothenate)	20 mg	200%
Calcium (from calcium ascorbate, disodium phosphate and d-calcium pantothenate)	70 mg	7%
Iron (from iron glycinate chelate)	9 mg	50%
Iodine (from potassium iodide)	225 mcg	150%
Magnesium (from magnesium oxide)	50 mg	13%
Zinc (from zinc glycinate)	15 mg	100%
Selenium (from selenomethionine)	105 mcg	150%
Copper (from copper glycinate)	1 mg	50%
Manganese (from manganese glycinate)	3 mg	150%
Chromium (from chromium nicotinate)	180 mcg	150%
Molybdenum (from molybdenum glycinate)	75 mcg	100%
Lutein	500 mcg	†
Lemon Bioflavonoids Complex	50 mg	†
Vanadium (BMGV)	200 mcg	†
Choline (from choline bitartrate)	25 mg	†
Boron (from boron glycinate)	2 mg	†

† Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid (veg.), magnesium stearate (veg.), carb. powder, silicon dioxide, disodium phosphate, hydroxypropyl cellulose, ethylcellulose. May contain rice, acids, pharmaceutical grade.

Natural color. Milk-free. Wheat-free. Corn-free. Salt-free. Preservative-free. Yeast-free. Sugar-free. Cellulose-coated. Gluten-free. Non-vegan.

Directions: Take one tablet daily ONLY AT MEALTIME.

Best when used within 1 year of first opening bottle. Keep bottle tightly closed. Store away from heat and moisture.

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.

* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

POTENCY AND QUALITY GUARANTEED.

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