

Dietary Supplement

Trusted Since 1910



EXCLUSIVE FORMULA

# START!

## Multi-Vitamin FOR WOMEN

GLUTEN  
FREENON  
GMOWITH  
IRON30 VEGE  
CAPSULES

### Supplement Facts

Serving Size 1 Vege Capsule

Amount Per Serving		% Daily Value
Vitamin A (as acetate and beta carotene)	2333 IU	47%
Vitamin C (as ascorbic acid)	75 mg	125%
Vitamin D3 (as cholecalciferol)	600 IU	150%
Vitamin E (as d-alpha tocopheryl succinate)	22.4 IU	75%
Vitamin K (as phytonadione)	90 mcg	113%
Thiamin (Vitamin B-1)(as thiamine HCl)	1.1 mg	73%
Riboflavin (Vitamin B-2)	1.1 mg	65%
Niacin (Vitamin B-3)(as niacin)	14 mg	70%
Vitamin B-6 (as pyridoxine HCl)	1.3 mg	65%
Folate (as folic acid)	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	2.4 mcg	40%
Biotin	30 mcg	10%
Pantothenic acid (as d-calcium pantothenate)	5 mg	50%
Iron (as ferrous fumarate)	18 mg	100%
Magnesium (as magnesium oxide)	320 mg	80%
Zinc (as zinc oxide)	6.8 mg	45%

**OTHER INGREDIENTS:** VEGETABLE CELLULOSE (VEGE CAP), RICE FLOUR, MAGNESIUM STEARATE VEGE GRADE, MODIFIED FOOD STARCH, ACACIA, SUCROSE, HYDROXYPROPYL METHYLCELLULOSE, SODIUM ASCORBATE, MEDIUM CHAIN TRIGLYCERIDES, CORNSTARCH, DL-ALPHA TOCOPHEROL, SILICON DIOXIDE, ASCORBYL PALMITATE, MALTODEXTRIN.

DISTRIBUTED BY: INDIANA BOTANIC GARDENS, INC., HOBART, IN 46342

**Suggested Use:** Take 1 vege capsule once daily, as a dietary supplement, or as directed by a physician.



**Warning:** If you are taking any medications or are pregnant or nursing do not use prior to consulting a physician. Additional 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 a poison control center immediately.

**\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**

For your protection, this container has an outer safety seal.

(Do not accept if missing or broken.) Store in a dry, cool place.

KEEP OUT OF REACH OF CHILDREN

Any Questions? 1-800-644-8327 • BotanicChoice.com



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