

Jarrow
FORMULAS

Multi-Vitamin/Mineral Formula

Multi 1-to-3

Comprehensive Multi with Lutein
Iron-Free Mineral Complex

100
TABLETS

DIETARY
SUPPLEMENT

EASY
SOLV

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product. Store in a cool, dry place.

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 33

	Amount Per Serving	% DV
Vitamin A (as Retinyl Palmitate)	600 mcg RAE§ (2,000 IU)	70%
Vitamin A (as Beta Carotene)	1,500 mcg RAE§ (5,000 IU)	170%
Vitamin C (as Calcium Ascorbate)	500 mg	560%
Vitamin D ₃ (Cholecalciferol)	25 mcg (1,000 IU)	130%
Vitamin E (as d-Alpha-Tocopheryl Succinate)	134 mg (200 IU)	890%
Vitamin B ₁ (as Thiamine Mononitrate)	50 mg	4,170%
Vitamin B ₂ (as Riboflavin)	50 mg	3,850%
Vitamin B ₃ (as Niacin)	50 mg NE*	310%
Vitamin B ₃ (as Niacinamide)	50 mg NE*	310%
Vitamin B ₆ (as Pyridoxine HCl)	50 mg	2,940%
Folate	667 mcg DFE† (400 mcg Folic Acid)	170%
Vitamin B ₁₂ (as Methylcobalamin)	50 mcg	2,080%
Biotin	300 mcg	1,000%
Pantothenic Acid (as Calcium D-Pantothenate)	100 mg	2,000%
Calcium	500 mg	40%
(as Calcium Malate)	225 mg	25% DV
(as Calcium Citrate)	225 mg	25% DV
(as Calcium Ascorbate)	50 mg	5% DV
Iodine (from Kelp)	150 mcg	100%

Other Ingredients: Stearic acid (vegetable source), cellulose, calcium phosphate, magnesium stearate (vegetable source), silicon dioxide, natural flavor and a food-grade coating.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

	Amount Per Serving	% DV
Magnesium (as Magnesium Oxide)	300 mg	70%
Zinc (as Zinc Monomethionine Complex)	15 mg	140%
Selenium (as Methyl-L-Selenocysteine)	30 mcg	50%
Copper (as Copper Gluconate)	1 mg	110%
Manganese (as Manganese Citrate)	1 mg	45%
Chromium (from <i>Saccharomyces cerevisiae</i>)	200 mcg	570%
Molybdenum (as Sodium Molybdate)	75 mcg	170%
Potassium (as Potassium Chloride)	99 mg	2%
Choline (as Choline Bitartrate)	48 mg	10%
Inositol	100 mg	††
Organic Ginger Root (<i>Zingiber officinale</i>)	50 mg	††
Lutein (from Marigold Petal) (<i>Tagetes erecta</i>)	3 mg	††
Zeaxanthin (from Marigold Petal) (<i>Tagetes erecta</i>)	600 mcg	††

§ Retinol Activity Equivalents.

* Niacin Equivalents.

† Dietary Folate Equivalents.

†† Daily Value not established.

Distributed Exclusively by:
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Lot #, Best Used Before:

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