

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

- 19 vitamins and minerals per serving
- All-purpose multivitamin with minerals for daily use
- Helps fill dietary gaps for essential vitamins and minerals

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one capsule one to two times per day with food and water.

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.

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.

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.

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Multi and Mineral

Balanced Formula for Daily Support

DAILY

DIETARY SUPPLEMENT | 100 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Vitamin A.....3,000 mcg RAE.....333%	(as palmitate and 50% as beta-carotene)
Vitamin C (from calcium ascorbate).....200 mg.....222%	
Vitamin D (as cholecalciferol).....10 mcg.....50%	
Vitamin E (as d-alpha tocopheryl succinate).....10 mg.....67%	
Thiamin (from thiamine mononitrate) (vitamin B-1) ..10 mg.....833%	
Riboflavin (vitamin B-2).....10 mg.....769%	
Niacin.....100 mg NE.....625%	
Vitamin B-6 (as pyridoxine HCl).....5 mg.....294%	
Folate.....665 mcg DFE.....166%	(400 mcg folic acid)
Vitamin B-12 (from cyanocobalamin).....5 mcg.....208%	
Pantothenic Acid.....20 mg.....400%	(from d-calcium pantothenate)
Calcium (from calcium carbonate and ascorbate) ..150 mg.....12%	
Iron (from ferrous sulfate).....12 mg.....67%	
Iodine (from kelp).....150 mcg.....100%	
Magnesium (from magnesium oxide).....32.5 mg.....8%	
Zinc (from zinc sulfate).....15 mg.....136%	
Selenium (from selenium amino acid complex) ..200 mcg.....364%	
Copper (from copper sulfate).....2 mg.....222%	
Manganese (from manganese sulfate).....1 mg.....43%	

Other ingredients: Gelatin, beta-carotene beadlets (modified food starch, water, dl-alpha tocopherol), vitamin A beadlets (modified food starch, sucrose, coconut oil, butylated hydroxytoluene, sodium ascorbate, silica, sodium benzoate, sorbic acid), rice flour, gum acacia, maltodextrin, magnesium stearate, vitamin D3 beadlets (modified food starch, sucrose, sodium ascorbate, medium-chain triglycerides, silicon dioxide, dl-alpha tocopherol), microcrystalline cellulose (plant fiber).

May contain crustacean shellfish (lobster, shrimp and crab).

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