

Dosage: One tablet daily or as directed by a physician.

Indications: For vitamin and mineral supplementation.[†]

Caution: Fluoride products should be used only in areas where drinking water content does not exceed recommended dosage. Excessive intake of fluoride may cause dental fluorosis.

Warning: There may be possible harmful effects of administering Folic Acid to patients who may have Pernicious Anemia (due to the possible masking of symptoms).

Additional Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

[†]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

 **1 800 456 4138**
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HEALTHYHAPPY

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O-CAL F.A.

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Vitamin & Mineral Supplement

**Dye Free, Gluten Free
with Fluoride and Folic Acid**

pharmics^{INC.}
240 tablets

ITEM # 9316-24

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		% daily value*
Vitamin A (as Acetate)	2500 IU	31%
Vitamin C (as Ascorbic Acid)	90 mg	150%
Vitamin D-3 (as Cholecalciferol)	400 IU	100%
Vitamin E (as dl-alpha tocopheryl acetate)	30 IU	100%
Thiamin (as Thiamine Mononitrate)	3 mg	177%
Riboflavin (Vitamin B2)	3 mg	150%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine HCl)	4 mg	160%
Folic Acid	1000 mcg	125%
Vitamin B-12 (as Cyanocobalamin)	12 mcg	150%
Calcium (from Calcium Carbonate)	200 mg	15%
Iron (from Ferrous Fumarate)	27 mg	150%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Oxide)	100 mg	22%
Zinc (from Zinc Oxide)	15 mg	100%
Copper (from Cupric Sulfate)	2 mg	100%

Fluoride (as Sodium Fluoride) 0.5 mg **

*Percent daily value for a pregnant and or lactating woman

**Daily value not established

Other Ingredients: Microcrystalline Cellulose, Croscarmellose Sodium, Malto Dextrin, Acacia Gum, Hydroxypropyl methylcellulose, Magnesium Stearate, Triacetin, Stearic Acid, Silicon Dioxide, Polydextrose

Manufactured by
National Vitamin Company
Casa Grande, AZ 85122

Distributed by
Pharmics Inc.
Riverton, UT 84065



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LOT NO.