



SWANSON®
PREMIUM BRAND

bringing wellness to the world since 1969

High Potency Softgel Multi

Multi-Vitamin & Mineral Supplement

120 softgels



• DO NOT USE IF SEAL IS BROKEN • KEEP OUT OF REACH OF CHILDREN • STORE IN A COOL, DRY PLACE. DO NOT REFRIGERATE.

SUGGESTED USE: As a dietary supplement, take two softgels per day with food and water.
WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under age six. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Supplement Facts

Serving Size 2 Softgels • Servings Per Container 60

	Amount Per Serving	% Daily Value
Calories	20	
Calories from Fat	20	
Total Fat	2 grams	3%†
Vitamin A USP (as beta-carotene)	10,000 IU	200%
Vitamin C USP (as ascorbic acid)	300 mg	500%
Vitamin D USP (as cholecalciferol)	400 IU	100%
Vitamin E USP (as d-alpha tocopheryl acetate)	200 IU	66.7%
Thiamin USP (as thiamin mononitrate) (vitamin B-1)	50 mg	3,333%
Riboflavin USP (vitamin B-2)	50 mg	2,941%
Niacin USP (10 mg as niacin and 50 mg as niacinamide)	60 mg	300%
Vitamin B-6 USP (as pyridoxine HCl)	50 mg	2,500%
Folic Acid USP	400 mcg	100%
Vitamin B-12 USP (as cyanocobalamin)	50 mcg	833%
Biotin USP	300 mcg	100%
Pantothenic Acid USP (as d-calcium pantothenate)	50 mg	500%
Calcium (from calcium carbonate)	200 mg	20%
Iron (from ferrous fumarate)	15 mg	83%
Iodine USP (from potassium iodide)	150 mcg	100%
Magnesium (from magnesium oxide)	100 mg	25%
Zinc (from zinc oxide)	15 mg	100%
Selenium (SelenoExcell® organically bound high-selenium yeast)	200 mcg	286%
Copper (from copper gluconate)	2 mg	100%
Manganese (from manganese sulfate)	10 mg	500%
Chromium (from chromium picolinate)	120 mcg	100%
Molybdenum (from sodium molybdate)	75 mcg	100%

Sunflower Lecithin, 80 mg*; Choline FCC (from choline bitartrate), 50 mg*; Inositol FCC, 50 mg*; PABA USP (para-aminobenzoic acid), 50 mg*; Boron (from calcium borogluconate), 1 mg*; Silica, 500 mcg*; Vanadium (from vanadyl sulfate), 10 mcg*

†Percent Daily Values are based on a 2,000 calorie diet.

*Daily Value not established.

Other ingredients: Medium-chain triglyceride oil, gelatin, glycerin, potassium (chloride) 30 mg, purified water, canola oil, beeswax, carob (contains caramel color, corn syrup, carob extract).

DISTRIBUTED BY SWANSON HEALTH PRODUCTS • PO Box 2803 • Fargo, ND 58108 USA
TO REORDER, CALL TOLL FREE 1-800-437-4149 or visit our website at www.swansonvitamins.com

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