



Super 1 Daily®

Vegetarian Multiple Formula

DIETARY SUPPLEMENT

Supports the Maintenance of Good Health*

60 Tablets

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Tablet	% DV
Vitamin A (as beta carotene)	3,000 mcg	333%
Vitamin C (from calcium ascorbate)	300 mg	333%
Vitamin D3 (as cholecalciferol)	25 mcg	125%
Vitamin E (as d-alpha tocopheryl succinate)	134 mg	893%
Thiamin (Vitamin B-1)(from thiamin HCl)	15 mg	1250%
Riboflavin (Vitamin B-2)	17 mg	1308%
Niacin (as niacinamide)	50 mg	313%
Vitamin B-6 (as pyridoxine HCl)	20 mg	1176%
Folate (400 mcg folic acid)	680 mcg DFE	170%
Vitamin B-12 (as cyanocobalamin)	100 mcg	4167%
Biotin	300 mcg	1000%
Pantothenic Acid (from d-calcium pantothenate)	20 mg	400%

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid (veg.), magnesium stearate (veg.), dicalcium phosphate, carob, silicon dioxide, pharmaceutical glaze, hydroxypropylcellulose, ethylcellulose, rice protein, acacia.

Directions: Take one tablet daily only at mealtime. Best when used within 1 year of first opening bottle. Keep bottle tightly closed. Store away from heat and moisture. This formula is prepared to disintegrate over a period of up to 1 hour.

POTENCY & QUALITY GUARANTEED

Dist. by Carlson Division of J.R. Carlson Laboratories, Inc.
Arlington Heights, IL 60004
888-234-5656 • 847-255-1600 • www.carlsonlabs.com
An FDA Regulated Facility

	Amount Per Tablet	% DV
Choline (from choline bitartrate)	25 mg	5%
Calcium (from calcium ascorbate, dicalcium phosphate and d-calcium pantothenate)	70 mg	5%
Iron (from iron glycinate chelate)	9 mg	50%
Iodine (from potassium iodide)	225 mcg	150%
Magnesium (from magnesium oxide)	50 mcg	12%
Zinc (from zinc glycinate)	15 mg	136%
Selenium (from selenomethionine)	105 mcg	191%
Copper (from copper glycinate)	1 mg	111%
Manganese (from manganese glycinate)	3 mg	130%
Chromium (from chromium nicotinate)	180 mcg	514%
Molybdenum (from molybdenum glycinate)	75 mcg	167%
Lutein	500 mcg	**
Lemon Bioflavonoids Complex	50 mg	**
Vanadium (from Bis-Maltolato Oxo Vanadium)	200 mcg	**
Boron (from boron glycinate)	2 mg	**

** Daily Value (DV) not established.

✓ Gluten-free ✓ Sugar-free ✓ Preservative-free

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.



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