

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.**

USAGE: Take 1, 2 or 3 tablets per day with meals or as directed by your qualified healthcare professional. **Keep out of the reach of children.**

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 33

Amount Per Serving			% DV	Amount Per Serving			% DV
Vitamin A (as Retinyl Palmitate)	600 mcg RAE§	(2,000 IU)	70%	Magnesium (as Magnesium Oxide)	300 mg		70%
Vitamin A (as Beta Carotene)	1,500 mcg RAE§	(5,000 IU)	170%	Zinc (as Zinc Monomethionine Complex)	15 mg		140%
Vitamin C (as Calcium Ascorbate)	500 mg		560%	Selenium (as Methyl-L-Selenocysteine)	30 mcg		50%
Vitamin D ₃ (Cholecalciferol)	25 mcg	(1,000 IU)	130%	Copper (as Copper Gluconate)	1 mg		110%
Vitamin E (as d-Alpha-Tocopheryl Succinate)	134 mg	(200 IU)	890%	Manganese (as Manganese Citrate)	1 mg		45%
Vitamin B ₁ (as Thiamine Mononitrate)	50 mg		4,170%	Chromium (from <i>Saccharomyces cerevisiae</i>)	200 mcg		570%
Vitamin B ₂ (as Riboflavin)	50 mg		3,850%	Molybdenum (as Sodium Molybdate)	75 mcg		170%
Vitamin B ₃ (as Niacin)	50 mg NE*		310%	Potassium (as Potassium Chloride)	99 mg		2%
Vitamin B ₃ (as Niacinamide)	50 mg NE*		310%	Choline (as Choline Bitartrate)	48 mg		10%
Vitamin B ₆ (as Pyridoxine HCl)	50 mg		2,940%	Inositol	100 mg		††
Folate	667 mcg DFE†	(400 mcg Folic Acid)	170%	Organic Ginger Root (<i>Zingiber officinale</i>)	50 mg		††
Vitamin B ₁₂ (as Methylcobalamin)	50 mcg		2,080%	Lutein (from Marigold Petal) (<i>Tagetes erecta</i>)	3 mg		††
Biotin	300 mcg		1,000%	Zeaxanthin (from Marigold Petal) (<i>Tagetes erecta</i>)	600 mcg		††
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: Cellulose, stearic acid (vegetable source), magnesium stearate (vegetable source), silicon dioxide, natural flavor, calcium phosphate and a food-grade coating.

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

Lot #. Best Used Before:

Distributed Exclusively by:
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Superior Nutrition and Formulation™
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