



SWANSON
PREMIUM BRAND
bringing wellness to the world since 1969

Daily Multi-Vitamin & Mineral

Dietary Supplement

100 capsules



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

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 age six. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately. Women who are pregnant or likely to become pregnant should not use this product.

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 (as thiamin 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 (as cyanocobalamin).....	5 mcg..... 208%
Pantothenic Acid (as d-calcium pantothenate)	20 mg..... 400%
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 (as 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 beads (modified food starch, water, dl-alpha tocopherol), vitamin A beads (modified food starch, sucrose, coconut oil, butylated hydroxytoluene, sodium ascorbate, silica, sodium benzoate, sorbic acid), rice flour, gum acacia, maltodextrin, magnesium stearate, vitamin D3 beads (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).

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS** • Fargo, ND 58104 USA
TO REORDER, CALL TOLL FREE 1-800-437-4148 or visit our website at www.swansonvitamins.com



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