

1645-90
Rev. 4



★★★★
CERTIFIED

MASON  natural[®]
EST. 1967

WOMEN'S DAILY MULTI FORMULA

MAY SUPPORT

GENERAL WELLNESS*

90 CAPLETS • DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Caplet

Amount Per Serving	DV%	Amount Per Serving	DV%
Total Carbohydrate	< 1 g <1%*	Folic Acid	400 mcg 100%
Vitamin A	2500 IU 50%	Vitamin B-12 (cyanocobalamin)	6 mcg 100%
(Acetate, 20% as beta-carotene)		Biotin	30 mcg 10%
Vitamin C (ascorbic acid)	60 mg 100%	Pantothenic Acid	5 mg 50%
Vitamin D3 (cholecalciferol)	1000 IU 250%	(calcium pantothenate)	
Vitamin E	22.5 IU 75%	Calcium (calcium carbonate)	500 mg 50%
(d-alpha tocopheryl acetate)		Iron (ferrous fumarate)	18 mg 100%
Vitamin K (phytonadione)	25 mcg 31%	Magnesium (magnesium oxide)	50 mg 13%
Vitamin B-1	1.5 mg 100%	Zinc (zinc oxide)	15 mg 100%
(thiamine mononitrate)		Selenium (sodium selenate)	20 mcg 29%
Vitamin B-2 (riboflavin)	1.7 mg 100%	Copper (cupric sulfate)	2 mg 100%
Niacinamide (vitamin B-3)	10 mg 50%	Manganese (sulfate)	2 mg 100%
Vitamin B-6 (pyridoxine HCl)	2 mg 100%	Chromium (chromic chloride)	120 mcg 100%

*% Daily Value are based on a 2000 calorie diet

OTHER INGREDIENTS: Microcrystalline Cellulose, Croscarmellose Sodium, Acacia, Maltodextrin, Gelatin, Hypromellose, Starch, Titanium Dioxide, Crospovidone, Stearic Acid, Magnesium Stearate, Silica, sucrose, Magnesium Silicate, Dicalcium Phosphate, Triacetin, Mannitol, Mineral Oil, Polyvinylpyrrolidone, Sodium Ascorbate, Triglycerides, Mixed Tocopherols, Sodium Benzoate, FD&C Yellow #5 Lake*, Tricalcium Phosphate, Sorbic Acid, FD&C Yellow #6 Lake and BHT. *Contain FD&C Yellow #5 Lake (tartrazine) as a color additive.

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

DIRECTIONS: Adults - Take one caplet daily, preferably with food, as a dietary supplement.

GUARANTEED NO ADDED: Yeast, Soy, Wheat, Dairy, Egg, Fish, Fragrance, Artificial Sweeteners, Flavors, Shellfish, Tree Nuts, Peanuts.

WARNING: Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose, call a doctor or poison control center immediately.

POISON CONTROL CENTER: 1-800-222-1222

WARNING: If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your physician before use. Discontinue use and consult your physician if any adverse reactions occur. Keep out of reach of children.

TAMPER-EVIDENT SEAL: Do not use product if seal appears tampered.



SOY FREE

Store in a dry place under controlled room temperature: 20° - 25°C (68° - 77°F).

Manufactured in the USA for:
MASON VITAMINS, INC. Miami Lakes, FL 33014
1-888-860-5376 • www.MasonVitamins.com

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LOT/EXP. DATE