



Carlson®

Mini•Multi

Vitamins & Minerals

DIETARY SUPPLEMENT

✓ Optimal Wellness* ✓ Immune Support* ✓ Heart Health*

90 Mini Tablets

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

A complete, once-daily formula in an easy-to-swallow, iron-free[▲] mini tablet

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 90

Amount Per Serving % DV		
Vitamin A (as beta carotene)	1,500 mcgRAE	167%
Vitamin C (from calcium ascorbate)	120 mg	133%
Vitamin D (as cholecalciferol)	15 mcg	75%
Vitamin E (as d-alpha tocopheryl succinate)	40.2 mg	268%
Thiamin (Vitamin B-1)(from thiamin HCl)	1.5 mg	125%
Riboflavin (Vitamin B-2)	1.7 mg	131%
Niacin (as niacinamide)	20 mg	125%
Vitamin B-6 (as pyridoxine HCl)	2 mg	118%

Amount Per Serving % DV		
Folate (400 mcg folic acid)	667 mcgDFE	167%
Vitamin B-12 (as cyanocobalamin)	6 mcg	250%
Biotin	150 mcg	500%
Pantothenic Acid (from d-calcium pantothenate)	10 mg	200%
Calcium (from calcium ascorbate, dicalcium phosphate and d-calcium pantothenate)	22 mg	2%
Iodine (from potassium iodide)	75 mcg	50%
Magnesium (from magnesium oxide)	40 mg	10%
Zinc (from zinc citrate)	15 mg	136%
Selenium (from selenomethionine)	35 mcg	64%
Copper (from copper gluconate)	2 mg	222%
Manganese (from manganese sulfate)	2 mg	87%
Chromium (from Cr nicotinate glycinate)	60 mcg	171%

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid (veg.), silicon dioxide, food glaze, magnesium stearate (veg.), ethylcellulose, hydroxypropylcellulose.

▲No added Iron.

Directions: Adults: Take one tablet daily **at mealtime**.
This formula is prepared to disintegrate over a period of up to 1 hour.

POTENCY & QUALITY GUARANTEED

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✓ Gluten-free ✓ No Artificial Preservatives

Tablet color variations naturally occur.



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