

FREEDA®



Moderate Multi-Vitamin

FREEDAVITE™

Tiny Tablet

Vitamin and Mineral
Supplement

100 TABLETS



NO GLUTEN
NO LACTOSE
NO ARTIFICIAL COLORS
NO ARTIFICIAL FLAVORS
NO ANIMAL DERIVATIVES
NO SUGAR OR STARCH
NO GELATIN
NO YEAST

Other ingredients: Cellulose, vegetarian stearate, vegetable glycerin coating, silica, croscarmellose sodium.

Suggested use: Adults, take one (1) tablet daily preferably with food and liquid.

Store product at room temperature. Do not expose to excessive heat or moisture.

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.



Supplement Facts

Serving Size 1 Coated Tablet

Amount Per Tablet	% Daily Value	Amount Per Tablet	% Daily Value
Vitamin A (as Vitamin A palmitate and beta-carotene) (5000 IU)	1485 mcg 165%	Biotin	30 mcg 100%
Vitamin C (as calcium ascorbate) 60 mg	67%	Pantothenic acid (as d-calcium pantothenate)	10 mg 200%
Vitamin D (as ergocalciferol) (400 IU)	10 mcg 50%	Calcium (as calcium carbonate and calcium ascorbate)	20 mg 2%
Vitamin E (as d-alpha tocopheryl succinate) (30 IU)	20.1 mg 134%	Iron (as ferrous fumarate)	1.8 mg 10%
Vitamin B1 (as thiamin HCl)	1.5 mg 125%	Iodine (as kelp)	75 mcg 50%
Vitamin B2 (as riboflavin)	1.7 mg 131%	Magnesium (as magnesium oxide)	8 mg 2%
Vitamin B3 (as niacinamide)	20 mg 125%	Zinc (as zinc citrate)	1.5 mg 14%
Vitamin B6 (as pyridoxine HCl)	2 mg 118%	Selenium (as selenium chelate)	35 mcg 64%
Folate (as 400 mcg folic acid)	667 mcg DFE 167%	Copper (as cupric gluconate)	0.1 mg 11%
Vitamin B12 (as methylcobalamin)	6 mcg 250%	Manganese (as manganese gluconate)	0.625 mg 27%

FREEDA HEALTH Manufactured in a GMP
1-800-777-3737 certified facility in the USA
Brooklyn, NY 11210 / www.freedeahealth.com



VEGAN

