

FREEDA®



SINCE 1928

Now in
CAPSULES

High Potency

Multi-Vitamin
QUINTABS-M™Vitamin & Mineral
Supplement

100 VEG CAPS



PAREVE

**Suggested use:**

Adults, take one (1) capsule daily preferably with food and liquid.

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

VEGAN

WARNING: Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under 6. **Keep this product out of the reach of children.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

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

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

Supplement Facts

Serving Size 1 Vegetable Capsule

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as vitamin A palmitate & Beta-Carotene) (5000 IU)	1425 mcg 158%	Biotin	30 mcg 100%
Vitamin C (as calcium ascorbate)	300 mg 333%	Pantothenic acid (as d-calcium pantothenate)	30 mg 300%
Vitamin D (as ergocalciferol) (400 IU)	10 mcg 50%	Calcium (as calcium ascorbate)	30 mg 3%
Vitamin E (as d-alpha tocopheryl succinate) (50 IU)	33.5 mg 223%	Iron (as ferrous fumarate)	10 mg 56%
Vitamin B1 (as thiamin HCl)	30 mg 2500%	Iodine (as potassium iodide)	150 mcg 100%
Vitamin B2 (as riboflavin)	30 mg 2308%	Magnesium (as magnesium oxide)	15 mg 4%
Vitamin B3 (as niacinamide)	100 mg 625%	Zinc (as zinc citrate)	7.5 mg 50%
Vitamin B6 (as pyridoxine HCl)	30 mg 1765%	Selenium (as selenium chelate)	35 mcg 50%
Folate (as 400 mcg folic acid)	667 mcg DFE 167%	Copper (as cupric gluconate)	0.2 mg 10%
Vitamin B12 (as methylcobalamin)	30 mcg 1250%	Manganese (as manganese gluconate)	2 mg 100%

Other ingredients: Vegetable cellulose capsule, cellulose, vegetarian stearate, silica

