

FREEDA®



Moderate Multi-Vitamin

FREEDAVITE™

Tiny Tablet

Vitamin and Mineral
Supplement**250 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

1-800-777-3737

Brooklyn, NY 11210 /

Manufactured in a GMP

certified facility in the USA

www.freedeahealth.com**VEGAN** 