

FREEDA®



GERI-FREEDA Senior Formula

Vitamin & Mineral
Supplement

250 TABLETS



PAREVE

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

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

VEGAN 

FREEDA HEALTH

1-800-777-3737

Brooklyn, NY 11210 / www.freedeahealth.com

Manufactured in a GMP
certified facility in the USA



Supplement Facts

Serving Size 1 Coated Tablet

Amount Per Tablet	% Daily Value	Amount Per Tablet	% Daily Value
Vitamin A (as vitamin A palmitate & beta-carotene) (2500 IU)	675 mcg 75%	Calcium (as calcium citrate and calcium ascorbate)	30 mg 2%
Vitamin C (as calcium ascorbate)	150 mg 167%	Iodine (as potassium iodide)	150 mcg 100%
Vitamin D (as 800 IU ergocalciferol)	20 mcg 100%	Magnesium (as magnesium oxide)	25 mg 6%
Vitamin E (as 15 IU d-alpha tocopheryl succinate)	10 mg 67%	Zinc (as zinc citrate)	7.5 mg 68%
Vitamin B1 (as thiamin HCl)	15 mg 1250%	Selenium (as selenium chelate)	35 mcg 64%
Vitamin B2 (as riboflavin)	15 mg 1154%	Copper (as copper gluconate)	0.5 mg 56%
Vitamin B3 (as niacinamide)	50 mg 313%	Manganese (as manganese gluconate)	1 mg 43%
Vitamin B6 (as pyridoxine HCl)	15 mg 882%	Chromium (as chromium chelate)	60 mcg 171%
Folate (as 400 mcg Folic acid)	667 mcg DFE 167%	Choline (as choline citrate)	10 mg 2%
Vitamin B12 (as methylcobalamin)	15 mcg 625%	Betaine HCl	10 mg *
Biotin	15 mcg 50%	Hesperidin (citrus spp.) (fruit)	10 mg *
Pantothenic acid (as d-calcium pantothenate)	15 mg 300%	Inositol	10 mg *
		L-Lysine HCl	25 mg *

* Daily Value not established

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

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

KEEP OUT OF THE REACH OF CHILDREN