

CODE 0257-3

**FREEDA®**



SINCE 1928

Now in CAPSULES

High Potency

**ULTRA FREEDA™**

**With Iron**

Vitamin & Mineral  
Supplement

**360 VEG CAPS**



PAREVE



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

**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.

**Suggested use:** Adults, take four (4) capsules daily preferably with food and liquid.

**VEGAN**

**FREEDA HEALTH** Manufactured in a GMP certified facility in the USA   
1-800-777-3737  
Brooklyn, NY 11210 / [www.freedahealth.com](http://www.freedahealth.com)

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**Supplement Facts**

Serving Size 4 Vegetable Capsules  
Servings Per Container 90

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Vitamin A palmitate & beta-carotene) (5,000 IU)	1350 mcg 150%	Pantothenic Acid (as d-calcium pantothenate)	100 mg 2000%
Vitamin C (as calcium ascorbate)	600 mg 667%	Calcium (as calcium carbonate, ascorbate and citrate)	250 mg 19%
Vitamin D (as 400 IU ergocalciferol)	10 mcg 50%	Iron (as ferrous fumarate)	18 mg 100%
Vitamin E (as 200 IU d-alpha tocopheryl succinate)	134 mg 893%	Iodine (from kelp)	150 mcg 100%
Vitamin B1 (as thiamin HCl)	50 mg 4167%	Magnesium (as magnesium oxide)	100 mg 24%
Vitamin B2 (as riboflavin)	50 mg 3846%	Zinc (as zinc citrate)	22.5 mg 205%
Vitamin B3 (as niacinamide & niacin)	100 mg 625%	Selenium (as selenium chelate)	100 mcg 182%
Vitamin B6 (as pyridoxine HCl)	50 mg 2941%	Manganese (as manganese gluconate)	3 mg 130%
Folate (as 800 mcg folic acid)	1334 mcg DFE 334%	Chromium (as chromium chelate)	200 mcg 571%
Vitamin B12 (as methylcobalamin)	100 mcg 4167%	Molybdenum (as molybdenum chelate)	12.5 mcg 28%
Biotin	300 mcg 1000%	Potassium (as potassium citrate)	35 mg <1%
		Choline (as choline citrate)	10 mg 2%
		Bioflavonoids ( <i>Citrus spp.</i> ) (fruit)	100 mg *
		Inositol	40 mg *

\*Daily Value not established

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