

CODE 0281-1

FREEDA®



SINCE 1928

Now in
CAPSULES

High Potency

IRON FREE ULTRA FREEDA™

Vitamin & Mineral
Supplement

120 VEG CAPS

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

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

KEEP OUT OF THE REACH OF CHILDREN

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

VEGAN 

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



Supplement Facts

Serving Size 4 Vegetable Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Vitamin A palmitate) (4,000 IU) 1200 mcg RAE	133%	Pantothenic Acid (as d-calcium pantothenate) 100 mg	2000%
Vitamin A (as Beta Carotene) (1000IU) 600 mcg RAE	67%	Calcium (as calcium carbonate, ascorbate and citrate) 250 mg	19%
Vitamin C (as calcium ascorbate) 600 mg	667%	Iodine (from kelp) 150 mcg	100%
Vitamin D (as ergocalciferol) 10 mcg (400 IU)	50%	Magnesium (as magnesium oxide) 100 mg	24%
Vitamin E (as d alphatocopheryl acid succinate) 134 mg (200IU)	893%	Zinc (as zinc citrate) 22.5 mg	205%
Thiamin (Vitamin B1) (as thiamin hydrochloride) 50 mg	4167%	Selenium (as selenium chelate) 100 mcg	182%
Riboflavin (Vitamin B2) 50 mg	3846%	Manganese (as manganese gluconate) 3 mg	130%
Niacin (as niacinamide & niacin) 100 mg NE	625%	Chromium (as chromium chelate) 200 mcg	571%
Vitamin B6 (as pyridoxine hydrochloride) 50 mg	2941%	Molybdenum (as molybdenum chelate) 12.5 mcg	28%
Folic Acid 800 mcg DFE	200%	Potassium (as potassium citrate) 35 mg	1%
B12 (as methylcobalamin) 100 mcg	4167%	Choline (as choline citrate) 10 mg	2%
Biotin 300 mcg	1000%	Bioflavonoids (Citrus spp.) (fruit) 100 mg	*
		Inositol 40 mg	*

*daily value not established

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

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