

FREEDA®



SINCE 1928

Now in  
CAPSULES

High Potency

# IRON FREE ULTRA FREEDA™

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

**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.freedahealth.com](http://www.freedahealth.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 alphanatocopheryl 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 ( <i>Citrus spp.</i> ) (fruit) 100 mg	*
		Inositol 40 mg	*

\*daily value not established

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

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