

FREEDA®



SINCE 1928

Now in
CAPSULES

High Potency

Multi-Vitamin IRON FREE QUINTABS-M™

Vitamin and Mineral
Supplement

250 VEG CAPS



PAREVE

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

VEGAN 

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



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

Supplement Facts

Serving Size 1 Vegetable Capsule

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as vitamin A palmitate & beta-carotene)	5000 IU 100%	Vitamin B12 (as methylcobalamin)	30 mcg 500%
Vitamin C (as calcium ascorbate)	300 mg 500%	Biotin	30 mcg 10%
Vitamin D (as ergocalciferol)	400 IU 100%	Pantothenic acid (as d-calcium pantothenate)	30 mg 300%
Vitamin E (as d alpha tocopheryl acid succinate)	50 IU 167%	Calcium (as calcium ascorbate)	30 mg 3%
Thiamin (vitamin B1) (as thiamin HCl)	30 mg 2000%	Iodine (as potassium iodide)	150 mcg 100%
Riboflavin (vitamin B2)	30 mg 1765%	Magnesium (as magnesium oxide)	15 mg 4%
Niacin (as niacinamide)	100 mg 500%	Zinc (as zinc citrate)	7.5 mg 50%
Vitamin B6 (as pyridoxine hydrochloride)	30 mg 1500%	Selenium (as selenium chelate)	35 mcg 50%
Folic acid	400 mcg 100%	Copper (as cupric gluconate)	0.2 mg 10%
		Manganese (as manganese gluconate)	2 mg 100%

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

Suggested use: Adults, take one (1) capsule daily preferably with food and liquid.**KEEP OUT OF THE REACH OF CHILDREN**