

FREEDA®

Now in
CAPSULES

High Potency

SCD MULTIVITAMIN™

Vitamin and Mineral
Supplement
180 VEG CAPS



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.

This product meets the specifications of
THE SPECIFIC CARBOHYDRATE DIET

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



VEGAN

Supplement Facts

Serving Size 4 Vegetable Capsules
Servings per container 45

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as vitamin A palmitate & 20% beta-carotene)	5000 IU 100%	Calcium (as calcium carbonate, ascorbate and citrate)	250 mg 25%
Vitamin C (as calcium ascorbate)	600 mg 1000%	Magnesium (as magnesium oxide)	100 mg 25%
Vitamin D (as ergocalciferol)	400 IU 100%	Zinc (as zinc citrate)	22.5 mg 150%
Vitamin E (as d alpha tocopheryl acid succinate)	200 IU 667%	Selenium (as selenium chelate)	100 mcg 143%
Thiamin (vitamin B1) (as thiamin HCl)	50 mg 3333%	Manganese (as manganese gluconate)	3 mg 150%
Riboflavin (vitamin B2)	50 mg 2941%	Chromium (as chromium chelate)	200 mcg 167%
Niacin (as niacinamide & niacin)	100 mg 500%	Molybdenum (as molybdenum chelate)	12.5 mcg 17%
Vitamin B6 (as pyridoxine hydrochloride)	50 mg 2500%	Potassium (as potassium citrate)	35 mg 1%
Folic acid	800 mcg 200%	Bioflavonoids (<i>Citrus spp.</i>) (fruit)	100 mg *
Vitamin B12 (as methylcobalamin)	100 mcg 1667%	Choline (as choline citrate)	30 mg *
Biotin	300 mcg 100%		
Pantothenic acid (as d-calcium pantothenate)	100 mg 1000%		

* daily value not established

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

KEEP OUT OF THE REACH OF CHILDREN

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