

Other Ingredients: Cellulose, modified cellulose gum, stearic acid (vegetable source), calcium stearate (vegetable source), lemon bioflavonoid complex, silica and glycerin.

SUGGESTED USE: Take one tablet daily with food.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.

Our Basic Multi® is formulated to provide the essential recommended nutrients for individuals with average nutritional needs. It is an ideal multivitamin to begin a dietary supplement routine.†

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison center immediately.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Easy-to-Swallow
BASIC MULTI®

Provides Basic Nutritional Support†

Dietary Supplement

30 VEGETARIAN TABLETS



Supplement Facts

Serving Size 1 Tablet

Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin A (as beta-carotene)	5,000 IU	100%
Vitamin C (as calcium ascorbate)	100 mg	167%
Vitamin D3 (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate) ...	30 IU	100%
Thiamin (as thiamin HCl)	10 mg	667%
Riboflavin	10 mg	588%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	10 mg	500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	15 mcg	250%
Biotin	30 mcg	10%
Pantothenic Acid (as d-calcium pantothenate) ..	20 mg	200%
Calcium (from dibasic calcium phosphate, ascorbate, pantothenate)	100 mg	10%
Iron (from ferrous fumarate)	18 mg	100%
Phosphorus (from dibasic calcium phosphate) ..	68 mg	7%
Iodine (from potassium iodide)	150 mcg	100%
Magnesium (from magnesium oxide)	50 mg	13%
Zinc (from zinc oxide, gluconate)	15 mg	100%
Selenium (from L-selenomethionine)	25 mcg	36%
Copper (from copper gluconate)	1 mg	50%
Manganese (from manganous gluconate) ...	1 mg	50%
Chromium (from chromium chloride)	25 mcg	21%
Molybdenum (from sodium molybdate) ...	5 mcg	7%

KEEP OUT OF REACH OF CHILDREN.

VL 514-00K

