

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 Iron Free **Basic Multi**[®] is formulated to provide the essential recommended nutrients for individuals with average nutritional needs. It is an ideal multi for post-menopausal women and men over the age of 25.[†]

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

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

[†] 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.

Iron Free BASIC MULTI[®]

Provides Basic Nutritional Support[†]

Dietary Supplement

90 VEGETARIAN TABLETS



Supplement Facts

Serving Size 1 Tablet

Servings Per Container 90

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 and pantothenate)	100 mg	10%
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 selenium dioxide)	25 mcg	36%
Copper (from copper gluconate)	1 mg	50%
Manganese (from manganese gluconate)	1 mg	50%
Chromium (from chromium chloride)	25 mcg	21%
Molybdenum (from sodium molybdate)	5 mcg	7%

KEEP OUT OF REACH OF CHILDREN.

YL 544-906

