



Multivitamin with Minerals

List No.: 75

Supplement Facts

Serving Size 1 Tablet

Servings Per Container 100

Each Tablet Contains	% Daily Value	Each Tablet Contains	% Daily Value
Vitamin A (as Acetate)	5,000 IU... 100%	Pantothenic Acid	5 mg.....50%
Vitamin C	60 mg... 100%	(as Calcium Pantothenate)	
(as Niacinamide Ascorbate)		Calcium (from Calcium Phosphate).....	100 mg..... 10%
Vitamin D3 (as Cholecalciferol)	400 IU... 100%	Iron (from Ferrous Fumarate).....	7.5 mg.....42%
Vitamin E	15 IU.....50%	Phosphorus.....	80 mg.....8%
(as dl-Alpha Tocopheryl Acetate)		(from Calcium Phosphate)	
Thiamin	2.5 mg... 167%	Iodine (from Potassium Iodide).....	75 mcg.....50%
(Vitamin B-1 as Thiamine Mononitrate)		Zinc (from Zinc Sulfate).....	1.5 mg..... 10%
Riboflavin (Vitamin B-2)	2.5 mg...147%	Copper (from Copper Sulfate)	0.375 mg..... 19%
Niacin (as Niacinamide Ascorbate)...	15 mg.....75%	Manganese.....	0.5 mg.....25%
Vitamin B-6 (as Pyridoxine HCl).....	1 mg.....50%	(from Manganese Sulfate)	
Folic Acid.....	400 mcg... 100%	Potassium	1.3 mg....<1%
Vitamin B-12 (as Cyanocobalamin)....	1 mcg.....17%	(from Potassium Chloride)	

Other Ingredients: Modified Cellulose, Contains less than 2% of: Gelatin, Croscarmellose Sodium, Starch, Sugar, Magnesium Stearate, Titanium Dioxide, Triacetin, Polydextrose, Magnesium Oxide, Silica, Ethylcellulose, Acacia Gum, Medium Chain Triglycerides, Tricalcium Phosphate, Pharmaceutical Resin, dl-Alpha Tocopherol (Antioxidant), Sorbic Acid (Preservative), Sodium Benzoate (Preservative), BHT (Antioxidant).

Directions: As a dietary supplement, take one tablet daily, preferably with a meal.

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 a poison control center immediately.