

NEW  
OVAL  
SHAPE  
TABLET



Gluten Free #249

# FORMULA 249 IRON FREE

Dietary Supplement of  
Vitamins A, C, D, E, B-1, B-2,  
Niacinamide, B-6, B-12, Biotin  
and Pantothenic Acid with  
Calcium, Iodine, Magnesium,  
Copper and Zinc

**TABLETS**

## Supplement Facts

Serving Size 1 Tablet

FDA Registered Facility (Reg. #1023013)  
Mfg. Under Good Manufacturing Practices (GMPs)

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A ..... 5000 IU .... 100%		Biotin ..... 50 mcg ..... 17%	
(as 50% palmitate & 50% beta carotene)		Pantothenic Acid..... 20 mg ....200%	
Vitamin C (as L-ascorbic acid)..... 140 mg .... 233%		(as calcium pantothenate)	
Vitamin D-3 (as cholecalciferol)..... 400 IU .... 100%		Calcium (as calcium carbonate) ..... 125 mg . 12.5%	
Vitamin E ..... 15 IU ..... 50%		Iron ..... 000 mg.....000%	
(as d-alpha tocopheryl succinate)		Iodine (as potassium iodide)..... 150 mcg ....100%	
Thiamin (as thiamin hydrochloride) ..... 10 mg .... 667%		Magnesium (as magnesium oxide)..... 65 mg ..... 16%	
Riboflavin (vitamin B-2) ..... 10 mg .... 588%		Zinc (as zinc gluconate)..... 5 mg ..... 33%	
Niacin (as niacinamide) ..... 100 mg .... 500%		Copper (as copper gluconate) ..... 2 mg .... 100%	
Vitamin B-6 (as pyridoxine hydrochloride) 5 mg .... 250%		Manganese (as manganese gluconate) ..... 1 mg ..... 50%	
Folic Acid ..... 400 mcg .... 100%			
Vitamin B-12 (as cyanocobalamin)..... 5 mcg ..... 83%			

**TAMPER EVIDENT:** Do not use this product if imprinted foil seal under cap is broken or missing. Keep tightly closed. Store at room temperature: 59°-86°F (15° to 30°C). **KEEP OUT OF REACH OF CHILDREN.**

**DIRECTIONS:** As a dietary supplement, take 1 tablet daily.

Manufactured by: **Dee Cee Laboratories, Inc. ®**  
304 Dee Cee Rd., White House, TN 37188 **Made in USA**

Other ingredients: Vegetable cellulose, vegetable stearic acid, vegetable magnesium stearate, silica, bioflavonoids, choline bitartrate, inositol, paba, alfalfa, rose hips, vanillin. Contains fish (cod) ingredients. Conforms to USP <2091> for weight. Meets USP <2040> disintegration for maximum bioavailability. **CAUTION:** If you are pregnant or nursing do not take this product. Rev. #02