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MASON  natural<sup>®</sup>  
EST. 1967

# WOMEN'S DAILY MULTI FORMULA

MAY SUPPORT

GENERAL WELLNESS\*

90 CAPLETS • DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Caplet

Amount Per Serving			DV%	Amount Per Serving			DV%
Vitamin A	710 mcg RAE <sup>‡</sup> (2,500 IU)	80%	Folate	667mcg DFE <sup>†</sup> (400mcg folic acid)	170%		
(as acetate, and 20% as beta-carotene)			Vitamin B12 (cyanocobalamin)	6 mcg	250%		
Vitamin C (ascorbic acid)	60 mg	70%	Biotin	30 mcg	100%		
Vitamin D3	25 mcg (1,000 IU)	130%	Pantothenic Acid	5 mg	100%		
(cholecalciferol)			(calcium pantothenate)				
Vitamin E	10 mg (22.5 IU)	70%	Calcium (calcium carbonate)	500 mg	40%		
(dl-alpha tocopheryl acetate)			Iron (ferrous fumarate)	18 mg	100%		
Vitamin K (phytonadione)	25 mcg	20%	Magnesium (magnesium oxide)	50 mg	10%		
Vitamin B1	1.5 mg	130%	Zinc (zinc oxide)	15 mg	140%		
(thiamine mononitrate)			Selenium (sodium selenate)	20 mcg	40%		
Vitamin B2 (riboflavin)	1.7 mg	130%	Copper (cupric sulfate)	2 mg	220%		
Niacinamide (vitamin B3)	10 mg NE <sup>#</sup>	60%	Manganese (sulfate)	2 mg	90%		
Vitamin B6	2 mg	120%	Chromium (chromic chloride)	120 mcg	340%		
(pyridoxine hydrochloride)							

\*\*Percent Daily Values are based on a 2,000 calorie diet.

**OTHER INGREDIENTS:** Microcrystalline cellulose, stearic acid, croscarmellose, magnesium stearate, silicon dioxide, dicalcium phosphate, pharmaceutical glaze, magnesium silicate.

<sup>†</sup>DFE - Dietary Folate Equivalents <sup>#</sup>NE - Niacin Equivalents

<sup>‡</sup>RAE - Retinol Activity Equivalents

\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

**DIRECTIONS:** Adults - Take one caplet daily, preferably with food, as a dietary supplement.

**GUARANTEED NO ADDED:** Yeast, Soy, Wheat, Dairy, Gluten, Fish, Tree Nuts, Peanuts, Egg, Fragrance, Artificial Colors or Flavors, Crustacean Shellfish.

**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 control center immediately. **Poison Control Center 1-800-222-1222**

**CAUTION:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your physician before use. Some supplements may interact with certain medications and/or interfere with certain lab tests. Discontinue use and consult your physician if any adverse reactions occur.

**TAMPER-EVIDENT SEAL:** Do not use product if seal appears tampered.

Store in a dry place under controlled room temperature: 20° - 25°C (68° - 77°F).



GLUTEN FREE



SOY FREE

Manufactured in the USA for:

**MASON VITAMINS, INC.** Miami Lakes, FL 33014  
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