

NEXT CENTURY NUTRITION™



- Tiny Tablet
- Easy to Swallow
- For Teenagers & Adults
- Coated Multivitamin

Suggested use:
Adults, take one
(1) tablet daily,
preferably with
food and drink.

VEGAN 

- No Gluten
- No Lactose
- No Artificial Colors
- No Artificial Flavors
- No Animal Derivatives
- No Sugar or Starch
- No Gelatin
- No Yeast

Questions? Comments?

Please contact us at 1-800-777-3737
Manufactured for:

Freedra Health / Brooklyn, NY 11210
www.freedrahealth.com



KOSHER PAREVE

FREEDA®

SINCE 1928



Freedavite Daily Multivitamin

MULTIVITAMIN



Tiny Tablet, Easy to Swallow

250 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tiny Tablet

Amount Per Tablet % Daily Value			Amount Per Tablet % Daily Value		
Vitamin A (as retinyl palmitate and beta-carotene) (5000 IU)	1500 mcg	167%	Biotin	30 mcg	100%
Vitamin C (as calcium ascorbate)	60 mg	67%	Pantothenic acid (as d-calcium pantothenate)	10 mg	200%
Vitamin D (as ergocalciferol) (400 IU)	10 mcg	50%	Calcium (as calcium carbonate and calcium ascorbate)	20 mg	2%
Vitamin E (as d-alpha tocopheryl succinate) (30 IU)	20.1 mg	134%	Iron (as ferrous fumarate)	1.8 mg	10%
Thiamin (vitamin B1) (as thiamin HCl)	1.5 mg	125%	Iodine (from kelp)	75 mcg	50%
Riboflavin (vitamin B2)	1.7 mg	131%	Magnesium (as magnesium oxide)	8 mg	2%
Niacin (as niacinamide)	20 mg	125%	Zinc (as zinc citrate)	1.5 mg	14%
Vitamin B6 (as pyridoxine HCl)	2 mg	118%	Selenium (as selenium amino acid chelate)	35 mcg	64%
Folate (as 400 mcg folic acid)	667 mcg DFE	167%	Copper (as copper gluconate)	0.1 mg	11%
Vitamin B12 (as methylcobalamin)	6 mcg	250%	Manganese (as manganese gluconate)	0.625 mg	27%

Other ingredients: Microcrystalline cellulose, vegetable magnesium stearate, vegetable glycerin coating, silica, croscarmellose sodium, stearic acid.

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. Store in a cool, dry place.

ITEM 0014-2