NEXT CENTURY NUTRITION™



Suggested use:

Adults, take one

(1) capsule daily, preferably with

food and drink.

- High Potency Multi Vitamin & Mineral Supplement
- · One Capsule Daily Dose
- With Iron that is easily absorbed



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

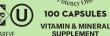
Ouestions? Comments? Please contact us at 1-800-777-3737

Manufactured for: Freeda Health / Brooklyn, NY 11210 www.freedahealth.com









FREEDA

SINCE

1928

Quintabs M With Iron

LULTIVITAMIN



Supplement Facts

Serving Size 1 Vegetable Capsule

Amount Per Serving % Daily Value			Amount Per Serving	% Daily Value
Vitamin A (as retinyl palmitate & beta caroter			Vitamin B12 30 mc (as methylcobalamin)	g 1250%
Vitamin C (as calcium ascorbate)	300 mg	333%	Biotin 30 mc Pantothenic Acid 30 m	
Vitamin D (as ergocalciferol) (800 l	20 mcg U)	100%	(as d-calcium pantothenate) Calcium (as calcium ascorbate) 30 m	
Vitamin E (as d-alpha tocopheryl succinate) (5	33.5 mg 0 IU)	223%	Iron (as ferrous fumarate) 10 m Iodine (as potassium iodide) 150 mc	
Thiamin (vitamin B1) (as thiamin HCI)	30 mg	2500%	Magnesium (as magnesium oxide) 15 m Zinc (as zinc citrate) 7.5 m	g 4%
Riboflavin (vitamin B2)	30 mg		Selenium 35 mc (as selenium amino acid chelate)	
Niacin (as niacinamide) Vitamin B6 (as pyridoxine H0	100 mg (1) 30 mg	625% 1765%	(as seienium amino acid cheiate) Copper (as copper gluconate) 0.2 m	g 22%
Foliate (as 400 mcg folic acid) 667	mcg DFE	167%	Manganese (as manganese gluconate) 2 m	g 87%

Other ingredients: Vegetable hypromellose capsule, microcrystalline cellulose, vegetable magnesium stearate, silica,

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.