

NEXT CENTURY NUTRITION™



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

VEGAN 

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

FREEDA®

SINCE

1928



Quintabs M
With Iron

MULTIVITAMIN



High Potency One Daily

250 CAPSULES
VITAMIN & MINERAL
SUPPLEMENT



KOSHER PAREVE



Questions? Comments?

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

Freeda Health / Brooklyn, NY 11210
www.freedahealth.com



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

Supplement Facts

Serving Size 1 Vegetable Capsule

Amount Per Serving % Daily Value			Amount Per Serving % Daily Value		
Vitamin A (as retinyl palmitate & beta carotene) (5000 IU)	1500 mcg	167%	Vitamin B12 (as methylcobalamin)	30 mcg	1250%
Vitamin C (as calcium ascorbate)	300 mg	333%	Biotin	30 mcg	100%
Vitamin D (as ergocalciferol) (800 IU)	20 mcg	100%	Pantothenic Acid (as d-calcium pantothenate)	30 mg	600%
Vitamin E (as d-alpha tocopheryl succinate) (50 IU)	33.5 mg	223%	Calcium (as calcium ascorbate)	30 mg	2%
Thiamin (vitamin B1) (as thiamin HCl)	30 mg	2500%	Iron (as ferrous fumarate)	10 mg	56%
Riboflavin (vitamin B2)	30 mg	2308%	Iodine (as potassium iodide)	150 mcg	100%
Niacin (as niacinamide)	100 mg	625%	Magnesium (as magnesium oxide)	15 mg	4%
Vitamin B6 (as pyridoxine HCl)	30 mg	1765%	Zinc (as zinc citrate)	7.5 mg	68%
Folate (as 400 mcg folic acid)	667 mcg DFE	167%	Selenium (as selenium amino acid chelate)	35 mcg	64%
			Copper (as copper gluconate)	0.2 mg	22%
			Manganese (as manganese gluconate)	2 mg	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.

ITEM 0050-2