

**OTHER INGREDIENTS:** CELLULOSE, MODIFIED CELLULOSE GUM, STEARIC ACID (VEGETABLE SOURCE), CALCIUM STEARATE (VEGETABLE SOURCE), LEMON BIOFLAVONOID COMPLEX, SILICA AND GLYCERIN.

Formulated for Hurd Dynamics LLC, DBA Natural Nutra, Tampa, FL 33615 [WWW.NATNUTRA.COM](http://WWW.NATNUTRA.COM)

**SUGGESTED USE:** Take one tablet daily with food.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.

Our Basic Multi® is formulated to provide the essential recommended nutrients for individuals with average nutritional needs. It is an ideal multivitamin to begin a dietary supplement routine.†

\* SGS verified the process for manufacturing this product with no GMO ingredients. [www.sgs.com/no-gmo](http://www.sgs.com/no-gmo)

**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 center immediately.

**PURITY • POTENCY  
GUARANTEED**



To report a serious adverse event, call 1-888-710-0006

†THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



**NATURAL  
NUTRA**

Easy-to-Swallow

**BASIC MULTI®**

Provides Basic Nutritional Support†



**60 VEGETARIAN TABLETS**

**DIETARY SUPPLEMENT**

## SUPPLEMENT FACTS

Serving Size 1 Tablet  
Servings Per Container 60

Amount Per Serving		% Daily Value
Vitamin A (as beta carotene)	1,500 mcg RAE	167%
Vitamin C (as calcium ascorbate)	100 mg	111%
Vitamin D (as cholecalciferol)	10 mcg	50%
Vitamin E (as d-alpha tocopherol succinate)	20 mg	133%
Thiamine (as thiamin HCl)	10 mg	833%
Riboflavin	10 mg	769%
Niacin (as niacinamide)	20 mg	125%
Vitamin B6 (as pyridoxine HCl)	10 mg	588%
Folate	667 mcg DFE (400 mcg Folic acid)	167%
Vitamin B12 (as cyanocobalamin)	15 mcg	625%
Biotin	30 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	20 mg	400%
Calcium (from dibasic calcium phosphate, ascorbate, pantothenate)	100 mg	8%
Iron (from ferrous fumarate)	18 mg	100%
Phosphorous (from dibasic calcium phosphate)	68 mg	5%
Iodine (from potassium iodide)	150 mcg	100%
Magnesium (from magnesium oxide)	50 mg	12%
Zinc (from zinc oxide, gluconate)	15 mg	136%
Selenium (from L-selenomethionine)	25 mcg	45%
Copper (from copper gluconate)	1 mg	111%
Manganese (from manganous gluconate)	1 mg	43%
Chromium (from chromium chloride)	25 mcg	71%
Molybdenum (from sodium molybdate)	5 mcg	11%

**KEEP OUT OF REACH OF CHILDREN.**

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