



3b

VITAMIN & MINERAL FORMULA

Dietary Supplement

Daily maintenance supplement
for overall coverage*

250 Tablets

MULTI
VITAMINS

EST
1960



Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	
Vitamin A (as Vitamin A Palmitate)	5000 IU	100%
Vitamin C (as Ascorbic Acid)	100 mg	167%
Vitamin D3 (as Cholecalciferol)	400 IU	100%
Vitamin E Natural (as d-alpha tocopheryl acetate)	30 IU	100%
Vitamin B-1 (as Thiamine Mononitrate)	3 mg	200%
Vitamin B-2 (as Riboflavin)	3 mg	176%
Niacin (Vitamin B-3) (as Niacinamide)	25 mg	125%
Vitamin B6 (as Pyridoxine HCl)	5 mg	250%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	6 mcg	100%
Biotin	150 mcg	50%
Pantothenic Acid (as D-Calcium Pantothenate)	15 mg	150%
Calcium (as Calcium Carbonate)	100 mg	10%
Iron (as Ferrous Fumarate)	18 mg	100%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	75 mg	19%
Zinc (as Zinc Sulfate)	15 mg	100%
Selenium (from Selenium Amino Acid Chelate)	15 mcg	21%
Copper (from Cupric Sulfate Crystal)	1 mg	50%
Manganese (as Manganese Sulfate)	3 mg	150%
Chromium (as Chromium Nicotinate Glycinate Chelate)	15 mcg	13%
Molybdenum (as Molybdenum Glycinate Chelate)	15 mcg	20%

Other Ingredients: Microcrystalline cellulose, stearic acid vegetable, croscarmellose sodium, magnesium stearate, silica, aqueous film coating.

Contains Fish (cod, pollock, haddock, hake, cusk, redfish, sole and flounder) and Soy.

Directions: As a dietary supplement for adults, 1 tablet daily with meals or as directed by a health professional.

WARNING: Do not take this product if you are pregnant or nursing.

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 at room temperature.
Protect from light.
Keep out of reach of children.

* 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.

Discover the Bronson Difference®

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