

basic's

# Multi Vitamin With Iron Gluten Free

DIETARY SUPPLEMENT

HIGH QUALITY BASICS



250 Tablets

KEEP OUT OF THE REACH OF CHILDREN.  
DO NOT USE IF INNER SEAL  
IS MISSING OR BROKEN.  
STORE AT ROOM TEMPERATURE.

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**DIRECTIONS:** For adults, take one (1) tablet daily, preferably with a meal.  
No Artificial Flavor, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Shellfish. Sodium Free.

## Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		% of Daily Value
Vitamin A (as retinyl acetate and 20% as beta carotene)	1500 mcg	167%
Vitamin C (as ascorbic acid)	60 mg	67%
Vitamin D (as cholecalciferol)	10 mcg	50%
Vitamin E (as dl-alpha tocopheryl acetate)	13.5 mg	90%
Thiamin (as thiamine mononitrate)	1.5 mg	125%
Riboflavin	1.7 mg	131%
Niacin (as niacinamide)	20 mg	125%
Vitamin B6 (as pyridoxine hydrochloride)	2 mg	118%
Folate	667 mcg DFE (400 mcg folic acid)	167%
Vitamin B12 (as cyanocobalamin)	6 mcg	120%
Pantothenic acid (as calcium pantothenate)	10 mg	200%
Iron (as ferrous fumarate)	18 mg	100%

**OTHER INGREDIENTS:** Microcrystalline cellulose, starch, croscarmellose sodium. Contains less than 2% of: magnesium stearate, dicalcium phosphate, silicon dioxide, sucrose, hypromellose, gelatin, acacia gum, polydextrose, FD&C yellow #2 lake, alginate, medium chain triglycerides, talc, maltodextrin, FD&C yellow #6 lake, BHT, titanium dioxide, carnauba wax, FD&C blue #2 lake, dl-alpha tocopherol.

**WARNING:** If you are pregnant, nursing, taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

**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.

[www.basicvitamins.com](http://www.basicvitamins.com)

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