

NEXT CENTURY NUTRITION™



- SCD Legal
- Now in capsule form, due to popular demand
- For best results: Take 2 capsules with breakfast & 2 with lunch

This product meets the specifications of
THE SPECIFIC CARBOHYDRATE DIET

Suggested use:
Adults, take four (4) capsules daily, preferably with food and drink.



Questions? Comments?

Please contact us at 1-800-777-3737
Manufactured for:
Freeda Health / Brooklyn, NY 11210
www.freedahealth.com



180 CAPSULES
VITAMIN AND MINERAL
SUPPLEMENT

FREEDA®

SINCE



1928

SCD Multivitamin

MULTIVITAMIN



SCD Legal

Supplement Facts

Serving Size: 4 Vegetable Capsules
Servings Per Container: 45

Amount Per Serving % Daily Value			Amount Per Serving % Daily Value		
Vitamin A (as retinyl palmitate & beta-carotene)(5000 IU)	1500 mcg	167%	Choline (as choline citrate)	30 mg	5%
Vitamin C (as calcium ascorbate)	600 mg	667%	Calcium (as calcium carbonate, calcium ascorbate and calcium citrate)	250 mg	19%
Vitamin D (as ergocalciferol) (400 IU)	10 mcg	50%	Magnesium (as magnesium oxide)	100 mg	24%
Vitamin E (as d-alpha tocopheryl acid succinate) (200 IU)	134 mg	893%	Zinc (as zinc citrate)	22.5 mg	205%
Thiamin (vitamin B1) (as thiamin HCl)	50 mg	4167%	Selenium (as selenium amino acid chelate)	100 mcg	182%
Riboflavin (vitamin B2)	50 mg	3846%	Manganese (as manganese gluconate)	3 mg	130%
Niacin (as niacinamide & niacin)	100 mg	625%	Chromium (as chromium amino acid chelate)	200 mcg	571%
Vitamin B6 (as pyridoxine hydrochloride)	50 mg	2941%	Molybdenum (as molybdenum amino acid chelate)	12.5 mcg	28%
Folate (as 800 mcg folic acid)	1334 mcg DFE	334%	Potassium (as potassium citrate)	35 mg	<1%*
Vitamin B12 (as methylcobalamin)	100 mcg	4167%	Citrus Bioflavonoids (from Orange, Lemon, and Grapefruit Peel)	100 mg	
Biotin	300 mcg	1000%			
Pantothenic Acid (as d-calcium pantothenate)	100 mg	2000%			

* Daily Value not established

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

Keep out of reach of children. Store in a cool, dry place. Do not expose to excessive heat or moisture. If you are pregnant, nursing, taking medication, or have a medical condition, consult your health care practitioner prior to using this product.

ITEM 0354-2