



WONDER

Laboratories®

FORMULA
249

ZERO IRON

Hi-Potency
Multi Vitamin-Mineral

Iron Free

Dietary Supplement

Gluten Free

30 TABLETS

Supplement Facts

Serving Size 1 Tablet

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration
for maximum bioavailability.

Mfg. in an FDA Registered
Facility using Good Manufacturing
Practices (GMPs)

| Amount Per Serving | % DV | Amount Per Serving | % DV |
|--|------|---|------|
| Vitamin A 1125 mcg (RAE) 125% | | Biotin 50 mcg 167% | |
| (as 50% palmitate & 50% beta carotene) | | Pantothenic Acid..... 20 mg 400% | |
| Vitamin C (as L-ascorbic acid).....140 mg 156% | | (as calcium pantothenate) | |
| Vitamin D-3 (as cholecalciferol).....400 IU (10 mcg) 50% | | Choline (as bitartrate)..... 5 mg..... 1% | |
| Vitamin E 15 IU (13 mg) 67% | | Calcium (as calcium carbonate) 125 mg 10% | |
| (as d-alpha tocopheryl succinate) | | Iron 000 mg..... 000% | |
| Thiamin (as thiamin hydrochloride)10 mg 833% | | Iodine (as potassium iodide)..... 150 mcg 100% | |
| Riboflavin (vitamin B-2)10 mg 769% | | Magnesium (as magnesium oxide)..... 65 mg 15% | |
| Niacin (as niacinamide) 100 mg (NE)..... 625% | | Zinc (as zinc gluconate)..... 5 mg 45% | |
| Vitamin B-6 (as pyridoxine hydrochloride)5 mg 294% | | Copper (as copper gluconate) 2 mg 222% | |
| Folate 800 mcg (DFE) 200% | | Manganese (as manganese gluconate) 1 mg 43% | |
| (400 mcg folic acid) | | | |
| Vitamin B-12 (as cyanocobalamin)5 mcg 208% | | | |

TAMPER EVIDENT: Do not use this product if imprinted foil seal under cap is broken or missing.

Keep tightly closed. Store at room temperature: 59°-86°F (15° to 30°C).

KEEP OUT OF REACH OF CHILDREN.

Conforms to USP <2091> for weight. Meets USP <2040> disintegration for maximum bioavailability. Contains fish (cod) ingredients.

CAUTION: If you are pregnant or nursing, consult your physician before taking this product.

Rev.04DV

Other ingredients: Vegetable cellulose, vegetable stearic acid, silica, bioflavonoids, choline bitartrate, inositol, paba, alfalfa, rose hips, vegetable stearate, vanillin.

DIRECTIONS: As a dietary supplement, take 1 tablet daily.

Mfg. in an FDA Registered Facility using Good Manufacturing Practices (GMPs)

Distributed by: **Wonder Laboratories®**

115 S.C.T. Ct., White House, TN 37188

Made in USA Reorder # ZIM