



WONDER

FORMULA
249

Laboratories®

ZERO IRON

Hi-Potency
Multi Vitamin-Mineral

Iron Free

Dietary Supplement

Gluten Free **30 TABLETS**

Supplement Facts

Serving Size 1 Tablet

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

Amount Per Serving		% DV	Amount Per Serving		% DV
Vitamin A	5000 IU ..	100%	Biotin	50 mcg	17%
(as 50% palmitate & 50% beta carotene)			Pantothenic Acid	20 mg ...	200%
Vitamin C (as L-ascorbic acid)	200 mg ..	333%	(as calcium pantothenate)		
Vitamin D-3 (as cholecalciferol)	400 IU ..	100%	Calcium (as calcium carbonate)	125 mg ..	12.5%
Vitamin E	15 IU	50%	Iron	000 mg	000%
(as d-alpha tocopheryl succinate)			Iodine (as potassium iodide)	150 mcg ...	100%
Thiamin (as thiamin hydrochloride)	10 mg ..	667%	Magnesium (as magnesium oxide)	65 mg	16%
Riboflavin (vitamin B-2)	10 mg ..	588%	Zinc (as zinc gluconate)	5 mg	33%
Niacin (as niacinamide)	100 mg ..	500%	Copper (as copper gluconate)	2 mg ...	100%
Vitamin B-6 (as pyridoxine hydrochloride) ..	5 mg ..	250%	Manganese (as manganese gluconate)	1 mg	50%
Folic Acid	400 mcg ..	100%			
Vitamin B-12 (as cyanocobalamin)	5 mcg	83%			

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.**

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

Distributed by: **Wonder Laboratories®**

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

Made in USA

Other ingredients: Vegetable cellulose, vegetable stearic acid, vegetable magnesium stearate, silica, bioflavonoids, choline bitartrate, inositol, paba, alfalfa, rose hips, vanillin. Contains fish (cod) ingredients. Conforms to USP <2091> for weight. Meets USP <2040> disintegration for maximum bioavailability. **CAUTION:** If you are pregnant or nursing, consult your physician before taking this product.