



WONDER

Laboratories®

FORMULA
249

ZERO IRON

Hi-Potency Multi Vitamin-Mineral

Iron Free

Dietary Supplement

Gluten Free

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

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