



Super 1 Daily®

**Vitamins & Minerals
Vegetarian**

DIETARY SUPPLEMENT

✓ Optimal Wellness* ✓ Immune Support* ✓ Heart Health*
180 Vegetarian Tablets | 180 Servings

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 180

	Amount Per Serving	% DV
Calories	5	
Total Carbohydrate	<1 g	<1%**
Vitamin A (as beta carotene)	3,000 mcg RAE	333%
Vitamin C (from calcium ascorbate)	300 mg	333%
Vitamin D (as cholecalciferol)	25 mcg	125%
Vitamin E (from d-alpha tocopheryl succinate)	134 mg	893%
Thiamin (Vitamin B-1)(from thiamin HCl)	15 mg	1,250%
Riboflavin (Vitamin B-2)	17 mg	1,308%
Niacin (as niacinamide)	50 mg	313%
Vitamin B-6 (from pyridoxine HCl)	20 mg	1,176%
Folate (400 mcg folic acid)	680 mcg DFE	170%
Vitamin B-12 (as cyanocobalamin)	100 mcg	4,167%
Biotin	300 mcg	1,000%

Other Ingredients: Cellulose, silicon dioxide, stearic acid (veg.), croscarmellose sodium, carob, magnesium stearate (veg.), ethylcellulose, lutein, maltodextrin, rice flour, acacia, hydroxypropyl methylcellulose, titanium dioxide (for color).

Directions: Adults: take one tablet daily **at mealtime.**

Best when used within 1 year of first opening bottle. Keep bottle tightly closed.
Store away from heat and moisture. This formula is prepared to disintegrate over a period of up to 1 hour.

POTENCY & QUALITY GUARANTEED

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	Amount Per Serving	% DV
Pantothenic Acid (from d-calcium pantothenate)	20 mg	400%
Choline (from choline bitartrate)	25 mg	5%
Calcium (from calcium ascorbate, dicalcium phosphate and d-calcium pantothenate)	70 mg	5%
Iron (from iron glycinate chelate)	9 mg	50%
Iodine (from potassium iodide)	225 mcg	150%
Magnesium (from magnesium oxide)	50 mg	12%
Zinc (from zinc glycinate)	15 mg	136%
Selenium (from selenomethionine)	105 mcg	191%
Copper (from copper glycinate)	1 mg	111%
Manganese (from manganese glycinate)	3 mg	130%
Chromium (from chromium nicotinate)	180 mcg	514%
Molybdenum (from molybdenum glycinate)	75 mcg	167%
Lemon Bioflavonoids Complex	50 mg	†
Vanadium (from Bis-Maltolato Oxo Vanadium)	200 mcg	†
Boron (from boron glycinate)	2 mg	†

** Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value (DV) not established.

✓ **Gluten-free** ✓ **No Artificial Preservatives**

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.



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