

NEW
OVAL
SHAPE
TABLET



#249

Gluten Free

FORMULA 249 IRON FREE

Dietary Supplement of
Vitamins A, C, D, E, B-1, B-2,
Niacinamide, B-6, B-12, Biotin
and Pantothenic Acid with
Calcium, Iodine, Magnesium,
Copper and Zinc

90 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 mg156%		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 mg833%		Iron 000 mg 000%	
Riboflavin (vitamin B-2)10 mg769%		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 mg294%		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 mcg208%		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.**

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

CAUTION: If you are pregnant or nursing do not take this product.

Other ingredients: Vegetable cellulose, vegetable stearic acid, silica, bioflavonoids, inositol, paba, alfalfa, rose hips, vegetable magnesium stearate, vanillin. Contains fish (cod) ingredients.

Manufactured by: **Dee Cee Laboratories, Inc.** ®
304 Dee Cee Rd., White House, TN 37188
Made in USA

Rev. 04DV