

TRADER JOE'S®**NO IRON****MULTI VITAMIN
& MINERAL
ANTIOXIDANT****DIETARY SUPPLEMENT****SUSTAINED
RELEASE****100 TABLETS**

Servings Per Container 50

Amount Per Serving	% Daily Value*
Vitamin A (as beta carotene)	10,000 IU 200%
Vitamin C (as ascorbic acid)	500 mg 833%
Vitamin D3 (as cholecalciferol)	200 IU 50%
Vitamin E (as d-alpha-tocopheryl succinate)	400 IU 1333%
Thiamine (as thiamine hydrochloride)	15 mg 1000%
Riboflavin	15 mg 882%
Niacin (as niacinamide)	20 mg 100%
Vitamin B6 (as pyridoxine hydrochloride)	15 mg 750%
Folic Acid	400 mcg 100%
Vitamin B12 (as cyanocobalamin)	25 mcg 417%
Biotin (as d-biotin)	50 mcg 17%
Pantothenic Acid (as calcium pantothenate)	10 mg 100%
Calcium (as calcium carbonate)	250 mg 25%
Iodine (as kelp)	150 mcg 15%
Magnesium (as magnesium oxide)	50 mg 10%
Zinc (as zinc sulfate)	15 mg 100%
Selenium (as selenium amino acid chelate)	50 mcg 71%
Copper (as copper sulfate)	2 mg 100%
Manganese (as manganese carbonate)	5 mg 250%
Chromium (as chromium amino acid chelate)	25 mcg 21%
Potassium (as potassium chloride)	190 mg 6%

* Percent Daily Values are based on a 2000 calorie diet.

serving size 2 tablets

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**SUGGESTED USE: 2 tablets daily or as
recommended by a physician.****People with medical concerns should
check with their physician before using
this or any dietary supplement.****Store in a cool, dry place, out of
reach of children.****CONTAINS NO YEAST,
SUGAR OR STARCH****OTHER INGREDIENTS:** Stearic Acid
(vegetable source), Silicon Dioxide,
Magnesium Stearate (vegetable source),
Cellulose, Glycerin, Carnauba Wax,
Natural Flavor (vanilla extract).**Dist. & Sold Exclusively
at
Trader Joe's, 800 S. Shoreline
Monrovia, CA 91016**