

TRADER JOE'S®

HIGH POTENCY**
CHEWABLE

MULTIPLE VITAMIN &
MINERAL FORMULA
DIETARY SUPPLEMENT

**100% DAILY VALUE OF 9 VITAMINS & 4 MINERALS
PER SERVING

90 TABLETS

DIRECTIONS: This is a chewable tablet. Thoroughly chew one tablet per day. Follow with water or other liquid. Do not swallow whole.

Store in a cool, dry place.
Keep out of reach of children.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

People with medical concerns should check with their physician before using this or any dietary supplement.

GLUTEN FREE

TABLET SIZE

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 90

Amount Per Serving	% Daily Value	
Calories	5	
Total Carbohydrate	1 g	<1%*
Total Sugars	1 g	†
Includes 1 g Added Sugars		2%*
Vitamin A (as beta-carotene)	1,500 mcg	167%
Vitamin C (as ascorbic acid)	60 mg	67%
Vitamin D ₃ (as cholecalciferol)	10 mcg	50%
Vitamin E (as d-alpha tocopheryl succinate)	20 mg	133%
Thiamin (as thiamine mononitrate)	1.5 mg	125%
Riboflavin	1.7 mg	131%
Niacin (as niacinamide)	2 mg	13%
Vitamin B ₆ (as pyridoxine hydrochloride)	2 mg	118%
Folate	667 mcg DFE	167%
	(400 mcg folic acid)	
Vitamin B ₁₂ (as cyanocobalamin)	6 mcg	250%
Biotin (as d-biotin)	300 mcg	1000%
Pantothenic acid (as calcium pantothenate)	10 mg	200%
Calcium (as calcium carbonate)	100 mg	8%
Iron (as carbonyl iron)	9 mg	50%
Iodine (from kelp)	150 mcg	100%
Magnesium (as magnesium oxide)	20 mg	5%
Zinc (as zinc oxide)	15 mg	136%
Selenium (as sodium selenate)	70 mcg	127%
Copper (as copper gluconate)	0.2 mg	22%
Manganese (as manganese gluconate)	2 mg	87%
Chromium (as chromium chloride)	120 mcg	343%
Molybdenum (as sodium molybdate)	10 mcg	22%

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

OTHER INGREDIENTS: Cane sugar, acacia gum, natural flavors, stearic acid (vegetable source), maltodextrin, vegetable juice (color), citric acid, magnesium stearate (vegetable source).

Dist. & Sold Exclusively By: Trader Joe's, 800 S. Shamrock, Monrovia, CA 91016