



Actual Color and Size

# Basic One

Complete Multiple Vitamin/Mineral

**Vegetarian/Iron Free**

Dietary Supplement

Suggested Use: Take one (1) vegetarian tablet daily with food or as directed by your health care practitioner.

## Supplement Facts

Serving Size = one (1) veg. tablet    Servings per Container=Varied

| Amount Per Serving                                                   | % Daily Value |      |
|----------------------------------------------------------------------|---------------|------|
| Vitamin A (80% as palmitate, 20% as beta-carotene)                   | 10,000 IU     | 200% |
| Vitamin C (as calcium ascorbate)                                     | 100 mg        | 167% |
| Vitamin D3 (as cholecalciferol)                                      | 400 IU        | 100% |
| Vitamin E (as d-alpha tocopheryl succinate)                          | 30 IU         | 100% |
| Thiamin (as thiamin HCl)                                             | 10 mg         | 667% |
| Riboflavin                                                           | 10 mg         | 588% |
| Niacin (as niacinamide)                                              | 20 mg         | 100% |
| Vitamin B6 (as pyridoxine HCl)                                       | 10 mg         | 500% |
| Folic Acid                                                           | 400 mcg       | 100% |
| Vitamin B12 (as cobalamin)                                           | 15 mcg        | 250% |
| Biotin                                                               | 30 mcg        | 10%  |
| Pantothenic Acid (as d-calcium pantothenate)                         | 20 mg         | 200% |
| Calcium (from dibasic calcium phosphate, ascorbate and pantothenate) | 100 mg        | 10%  |
| Phosphorous (from phosphate ascorbate)                               | 68 mg         | 6%   |
| Iodine (from potassium iodide)                                       | 150 mcg       | 100% |
| Magnesium (from magnesium oxide)                                     | 50 mg         | 13%  |
| Zinc (from zinc oxide, gluconate)                                    | 15 mg         | 100% |
| Selenium (from selenium dioxide)                                     | 25 mcg        | 36%  |
| Copper (from copper gluconate)                                       | 1 mg          | 50%  |
| Manganese (from manganous gluconate)                                 | 1 mg          | 50%  |
| Chromium (from chromium chloride)                                    | 25 mcg        | 21%  |
| Molybdenum (from sodium molybdate)                                   | 5 mcg         | 7%   |

Other Ingredients: Cellulose, stearic acid (vegetable source), calcium stearate (vegetable source), lemon bioflavonoid complex, dibasic calcium phosphate, silica and glycerin.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.

