

DIETARY SUPPLEMENT

**Carlson**®

# SUPER-75

## VITAMINS & MINERALS

### 120 TABLETS

e 1207

#### A SUPER-STRENGTH NATURAL-SOURCE VITAMIN AND MINERAL DIETARY SUPPLEMENT

Natural color. Starch-free. Preservative-free. Yeast-free.  
Sugar-free. Salt-free. Milk-free. Wheat-free. Cellulose-coated.

#### Supplement Facts

Serving Size 1 Tablet

	Amount Per Tablet	% DV
Vitamin A (as beta carotene)	10,000 IU	200%
Vitamin C (as calcium ascorbate)	250 mg	417%
Vitamin D-3 (from fish liver oil)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate from soy)	200 IU	667%
Thiamin (Vitamin B-1)(as thiamine mononitrate)	75 mg	5000%
Riboflavin (Vitamin B-2)	75 mg	4412%
Niacin (as niacinamide)	75 mg	375%
Vitamin B-6 (as pyridoxine HCL)	75 mg	3750%
Folate (folic acid)	400 mcg	100%
Vitamin B-12 (cyanocobalamin)	75 mcg	1250%
Biotin	75 mcg	25%
Pantothenic Acid (as d-calcium pantothenate)	75 mg	750%
Calcium (as calcium ascorbate & d-calcium pantothenate)	35 mg	3.5%
Iron (as iron amino acid chelate)	9 mg	50%
Iodine (as potassium iodide and kelp)	150 mcg	100%
Magnesium (as magnesium oxide)	15 mg	3.7%
Zinc (as zinc citrate)	10 mg	66%
Selenium (from kelp)	25 mcg	36%
Manganese (as manganese carbonate)	5 mg	250%
Chromium (from kelp)	25 mcg	21%
Potassium (as potassium citrate)	10 mg	<1%
Choline (as choline bitartrate)	75 mg	☆
Inositol	75 mg	☆
PABA (para-aminobenzoic acid)	75 mg	☆
Lemon Bioflavonoids Complex	25 mg	☆
Betaine Hydrochloride	10 mg	☆

☆ Daily Value (DV) not established.

Other Ingredients: In a base of Lecithin (soybeans), Alfalfa, Rose Hips, Plant cellulose, stearic acid, silicon dioxide, magnesium stearate. **PLUS...** trace amounts of naturally occurring minerals including: Boron, Bromine, Cobalt, Lithium, Molybdenum, Nickel, Rubidium, Sulfur, Titanium, Vanadium.

**Suggested Use:** Take one tablet daily at mealtime.

Best when used within 1 year of first opening bottle.

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POTENCY & QUALITY GUARANTEED 0 88395 04071 9

**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. Keep bottle tightly closed. Store away from heat and moisture.