



60 Capsules | DIETARY SUPPLEMENT

Multivitamin & Mineral
with Beta Carotene

IRON FREE ULTRA ONE[®] DAILY

NaturesPlus[®]

DIRECTIONS: One capsule daily with a meal.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Vitamin A (100% from beta carotene) ... 3000 mcg RAE (10,000 IU)	333%
Vitamin C (as ascorbic acid) ... 150 mg	167%
Vitamin D (as vegan cholecalciferol) ... 10 mcg (400 IU)	50%
Vitamin E (as d-alpha tocopheryl succinate) ... 67 mg (100 IU)	447%
Thiamin (vitamin B1) (as thiamine mononitrate) ... 25 mg	2083%
Riboflavin (vitamin B2) ... 25 mg	1923%
Niacin (as niacinamide) ... 100 mg NE	625%
Vitamin B6 (as pyridoxine HCl) ... 25 mg	1471%
Folate (as calcium-L-5-methyltetrahydrofolate) (400 mcg L-methylfolate)	167%
Vitamin B12 (as methylcobalamin) ... 100 mcg	4167%
Biotin ... 300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate) ... 50 mg	1000%
Choline (as bitartrate) ... 10.5 mg	2%
Calcium (as carbonate, citrate) ... 25 mg	2%
Iodine (as potassium iodide) ... 150 mcg	100%
Magnesium (as oxide, aspartate) ... 7.2 mg	2%
Zinc (as picolinate, oxide) ... 15 mg	136%
Selenium (as selenomethionine, sodium selenite) ... 200 mcg	364%
Copper (as gluconate) ... 2 mg	222%
Manganese (as gluconate, sulfate) ... 5 mg	217%
Chromium (as picolinate, chloride) ... 200 mcg	571%
Molybdenum (as sodium molybdate) ... 150 mcg	333%
PABA (para-aminobenzoic acid) ... 25 mg	†
Inositol ... 25 mg	†

†Daily Value not established.

Other ingredients: Vegetable cellulose, magnesium stearate, potassium citrate, silica and purified water.

Free from artificial colors and artificial preservatives. Free from all of the major allergens identified in the U.S. Food Allergen Labeling and Consumer Protection Act.

**KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.**

VEGAN  **GLUTEN FREE**

*This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

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