

swanson.com

or call 1-800-437-4148

- Contains vitamins C and D3 to support a healthy immune defense**
- Includes B vitamins to support healthy metabolism and promote energy**
- Vegan and gluten free

Suggested use: As a dietary supplement, chew two gummies per day. Chew thoroughly before swallowing. Gummies may stick together, but this does not affect the potency, quality or efficacy of the product.

WARNING: For adults only. Consult your healthcare provider before using this or any product if you are pregnant or nursing, taking medication or have a medical condition.

Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place.

**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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GUMMIES
DIETARY SUPPLEMENT



SWANSON

Adult Multivitamin

Overall Health and Wellness**

Peach, Orange
& Strawberry

- VEGAN
- GLUTEN FREE



Supplement Facts

Serving Size 2 Gummies
Servings Per Container 30

Amount Per Serving	% Daily Value
Calories	20
Total Carbohydrates	5 g2%†
Total Sugars	5 g
Includes 5 g Added Sugars	10%
Vitamin A (as retinyl acetate) ..	450 mcg RAE50%
Vitamin C (as ascorbic acid)	36 mg40%
Vitamin D3 (as cholecalciferol)	25 mcg125%
Vitamin E	15 mg100%
(as dl-alpha tocopheryl acetate)	
Niacin (as niacinamide)	8 mg NE50%
Vitamin B6 (as pyridoxine HCl)	1.7 mg100%
Folate	400 mcg DFE100%
(240 mcg folic acid)	
Vitamin B12 (as cyanocobalamin) ..	4.8 mcg200%
Biotin	30 mcg100%
Pantothenic Acid	2 mg40%
(as d-calcium pantothenate)	
Sodium	5 mg<1%
Inositol	1.5 mg

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

Other ingredients: Glucose, cane sugar, citrus pectin, citric acid, sodium citrate, natural peach, orange and strawberry flavors, vegetable oil, beta carotene, purple carrot juice concentrate (color).

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