

swanson.com

or call 1-800-437-4148

- Provides a full day's supply of 15 essential vitamins and minerals
- Protects against stress-induced nutrient depletion

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one tablet per day with food and water. Women who are pregnant or likely to become pregnant should not exceed recommended dose.

WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication, especially blood-thinning 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.

These statements have 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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Multi without Iron

Comprehensive Formula
for Overall Health

CENTURY FORMULA

VITAMIN & MINERAL SUPPLEMENT | 130 TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Vitamin A (as acetate).....1,500 mcg RAE.....	167%
Vitamin C (as ascorbic acid).....90 mg.....	100%
Vitamin D (from cholecalciferol).....10 mcg.....	50%
Vitamin E (as d-alpha tocopheryl succinate).....20 mg.....	133%
Vitamin K (as phytonadione).....25 mcg.....	21%
Thiamin (thiamin mononitrate) (vitamin B-1).....2.3 mg.....	192%
Riboflavin (vitamin B-2).....2.6 mg.....	200%
Niacin (as niacinamide).....20 mg NE.....	125%
Vitamin B-6 (from pyridoxine HCl).....3 mg.....	176%
Folate.....667 mcg DFE.....	167%
(400 mcg folic acid)	
Vitamin B-12 (as cyanocobalamin).....9 mcg.....	375%
Biotin.....25 mcg.....	83%
Pantothenic Acid (as d-calcium pantothenate).....10 mg.....	200%
Calcium (from calcium carbonate).....162 mg.....	12%
Iodine (from potassium iodide).....150 mcg.....	100%
Magnesium (from magnesium oxide).....100 mg.....	24%
Zinc (from zinc sulfate).....15 mg.....	136%
Selenium (from sodium selenate).....25 mcg.....	45%
Copper (from copper gluconate).....2 mg.....	222%
Manganese (from manganese sulfate).....5 mg.....	217%
Chromium (from chromium chloride).....25 mcg.....	71%
Molybdenum (from sodium molybdate).....25 mcg.....	56%
Potassium (from potassium chloride).....60 mg.....	1%

*Percent Daily Value based on a 2,000 calorie diet.

Other ingredients: Microcrystalline cellulose (plant fiber), stearic acid, croscarmellose sodium, magnesium stearate, aqueous film-coating (purified water, hydroxypropyl methylcellulose, polyethylene glycol), acacia, maltodextrin.

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