

swanson.com

or call 1-800-437-4148

- Full day's supply of 18 essential vitamins and minerals
- High potency levels of B vitamins and important antioxidants

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take two softgels per day with food and water.

SelenoExcell® is a registered trademark of Cypress Systems, Inc.

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.

WARNING: For adults only. Consult your physician 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. Do not refrigerate.

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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SWANSON®

Multi

Comprehensive Formula
for Overall Health

HIGH POTENCY

VITAMIN SUPPLEMENT | 120 SOFTGELS

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 60

Amount Per Serving	% Daily Value
Calories	20
Total Fat	2 g 3%†
Vitamin A (as beta-carotene)	3,000 mcg RAE 333%
Vitamin C (as ascorbic acid)	300 mg 333%
Vitamin D (as cholecalciferol)	10 mcg 50%
Vitamin E (as d-alpha tocopheryl acetate)	134 mg 893%
Thiamin (vitamin B-1) (as thiamin mononitrate) ..	50 mg 4,167%
Riboflavin (vitamin B-2)	50 mg 3,846%
Niacin (from niacinamide and niacin)	60 mg NE 375%
Vitamin B-6 (from pyridoxine HCl)	50 mg 2,941%
Folate	665 mcg DFE (400 mcg folic acid) 168%
Vitamin B-12 (as cyanocobalamin)	50 mcg 2,083%
Biotin	300 mcg 1,000%
Pantothenic Acid (as d-calcium pantothenate) ..	50 mg 1,000%
Choline (from choline bitartrate)	50 mg 9%
Calcium (from calcium carbonate)	200 mg 15%
Iron (from ferrous fumarate)	15 mg 83%
Iodine (from potassium iodide)	150 mcg 100%
Magnesium (from magnesium oxide)	100 mg 24%
Zinc (from zinc oxide)	15 mg 136%
Selenium (SelenoExcell® organically bound high-selenium yeast)	200 mcg 364%
Copper (from copper gluconate)	2 mg 222%
Manganese (from manganese sulfate)	10 mg 435%
Chromium (from chromium picolinate)	120 mcg 343%
Molybdenum (from sodium molybdate)	75 mcg 167%

Sunflower Lecithin, 80 mg*; Inositol, 50 mg*; PABA (para-aminobenzoic acid), 50 mg*; Boron (from calcium borogluconate), 1 mg*; Silica, 500 mcg*; Vanadium (from vanadyl sulfate), 10 mcg*

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

Other ingredients: Medium-chain triglycerides oil (palm), gelatin, glycerin, potassium chloride, purified water, canola oil, beeswax, carob (contains caramel color, corn syrup, carob extract).

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