

swanson.com

or call 1-800-437-4148

- Essential vitamins and minerals plus powerful enzymes and herbal extracts
- Whole food base helps improve daily phytonutrient intake
- Safe and easy on the stomach

Science-Backed Quality Since 1969

**Suggested use:** As a dietary supplement, take three tablets per day with water.

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**WARNINGS:** 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.

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.



SWANSON®

# Whole Food Formula Multi Vitamin & Mineral WITHOUT IRON

Essential Vitamins and Minerals  
Plus Enzymes and Herbs

Comprehensive Formula in a Whole Food Base

DIETARY SUPPLEMENT | 90 TABLETS

## Supplement Facts

Serving Size 3 Tablets  
Servings Per Container 30

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Calories	20		Potassium (as potassium chloride and potassium amino acid chelate)	50 mg	1%
Total Carbohydrate	3 g	1%	Spirulina (Arthrospira platensis) (microalgae)	1 g	
Dietary Fiber	1 g	6%	Bee Pollen	100 mg	
Protein	1 g		Lemon Bioflavonoid	60 mg	
Vitamin A (as beta-carotene)	10,000 IU	200%	Black Currant Seed Oil (Ribes nigrum)	50 mg	
Vitamin C (as ascorbic acid)	1,000 mg	1,667%	Asian Ginseng Root (Panax ginseng)	50 mg	
Vitamin D (as cholecalciferol)	400 IU	100%	Choline (as choline bitartrate)	30 mg	
Vitamin E (as dl-alpha tocopheryl acetate)	200 IU	667%	Inositol	30 mg	
Thiamin (vitamin B-1) (as thiamin HCl)	25 mg	1,666%	Papain (from Carica papaya) (fruit) (proteolytic enzyme) (2,000 USP units/mg)	30 mg	
Riboflavin (vitamin B-2)	25 mg	1,470%	Quercetin Dihydrate (Sophora japonica) (flowers)	30 mg	
Niacin (as niacinamide)	40 mg	200%	Betaine Anhydrous (from sugar beets)	25 mg	
Vitamin B-6 (from pyridoxine HCl)	25 mg	1,250%	Rutin (Sophora japonica) (flower buds)	25 mg	
Folic Acid	400 mcg	100%	RNA (ribonucleic acid, from yeast)	21 mg	
Vitamin B-12 (as cyanocobalamin)	200 mcg	3,333%	Apple Pectin (fruit)	20 mg	
Biotin	100 mcg	33%	PABA (para-aminobenzoic acid)	15 mg	
Pantothenic Acid (as d-calcium pantothenate)	60 mg	600%	Bromelain (from pineapple) (providing 24 GDU)	10 mg	
Calcium (85% from calcium carbonate; 15% from calcium amino acid chelate)	200 mg	20%	Brewer's Yeast	6 mg	
Iodine (from kelp)	150 mcg	100%	Amylase	5 mg	
Magnesium (80% from magnesium oxide; 20% from magnesium amino acid chelate)	100 mg	25%	(100,000 SKB/gram) (fungal)	5 mg	
Zinc (from TRAACS® zinc glycolate chelate)	15 mg	100%	Lipase (15,000 FPI/gram) (fungal)	5 mg	
Selenium (from selenium amino acid complex)	25 mcg	36%	Lutein (from marigold flower extract)	2 mg	
Copper (from copper amino acid chelate)	500 mcg	25%	Octacosanol (from sugar cane)	200 mcg	
Manganese (from manganese amino acid chelate)	4 mg	200%			
Chromium (from chromium amino acid chelate)	20 mcg	17%			

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

Other Ingredients: Cellulose, silica, croscarmellose sodium, maltodextrin, calcium palmitate, croscopolone, gelatin, lutein beads (marigold extract), cellulose gum, sucrose, natural tocopherols, ascorbyl palmitate, sucrose, starch, glycerin, PVP, ascorbyl palmitate, gum arabic, dl-alpha tocopherol, glycerol, water, calcium phosphate, dextrose.

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