

swanson.com
or call 1-800-437-4148

- Full day's supply of 18 essential vitamins and minerals
- High potency levels of many 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: 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. 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.

Rev 5 08 19 21



Multi without Iron

Comprehensive Iron Free
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	10
Total Fat	8.4 g 11%†
Saturated Fat	1 g 5%
Trans Fat	0.5 g
Total Carbohydrate	<1 g <1%
Potassium	3 mg 0%
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 B1) (as thiamin mononitrate)	50 mg 4,167%
Riboflavin (vitamin B2)	50 mg 3,846%
Niacin (from niacinamide and niacin)	60 mg NE 375%
Vitamin B6 (from pyridoxine HCl)	50 mg 2,941%
Folate	670 mcg DFE (400 mcg folic acid) 168%
Vitamin B12 (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%
Iodine (from potassium iodide)	150 mcg 100%
Magnesium (from magnesium oxide)	100 mg 24%
Zinc (from zinc oxide)	15 mg 136%
Selenium (from 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-amino-benzoic 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 (from palm oil), gelatin, glycerin, potassium chloride, purified water, canola oil, beeswax, carob (contains caramel color, corn syrup, carob extract). **Contains sulfites.**

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