



Adult Multi

WITH IRON

ONCE DAILY

✓ 100% DAILY VALUE OR GREATER OF 17 ESSENTIAL VITAMINS & MINERALS

✓ SUPPORTS HEALTHY IMMUNE FUNCTION WITH VITAMINS C & E, BETA CAROTENE & ZINC*

✓ WITH LUTEIN & LYCOPENE

90
TABLETS

MULTI-VITAMIN/MULTI-MINERAL SUPPLEMENT

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as 60% acetate, 40% beta-carotene)	5000 IU 100%	Magnesium (as magnesium oxide)	100mg 25%
Vitamin C (as ascorbic acid)	60mg 100%	Zinc (as zinc oxide)	15mg 100%
Vitamin D3 (as cholecalciferol)	400 IU 100%	Selenium (as selenomethionine)	20mcg 29%
Vitamin E (as d-alpha tocopheryl succinate)	30 IU 100%	Copper (as copper oxide)	2mg 100%
Thiamin (as thiamine mononitrate)	1.5mg 100%	Manganese (as manganese sulfate)	3.5mg 175%
Riboflavin	1.7mg 100%	Chromium (as chromium chloride)	65mcg 54%
Niacin (as niacinamide)	20mg 100%	Molybdenum (as sodium molybdate)	150mcg 200%
Vitamin B6 (as pyridoxine HCl)	2mg 100%	Chloride (as potassium chloride)	72mg 2%
Folic Acid	400mcg 100%	Potassium (as potassium chloride)	80mg 2%
Vitamin B12 (as cyanocobalamin)	6mcg 100%	Silicon (as silicon dioxide)	2mg *
Biotin (as d-biotin)	30mcg 10%	Lycopene	300mcg *
Pantothenic Acid (as d-calcium pantothenate)	10mg 100%	Lutein (from marigold flower extract)	250mcg *
Calcium (as calcium carbonate)	162mg 16%	Boron (as amino acid complex)	150mcg *
Iron (as ferrous fumarate)	18mg 100%	Vanadium (as vanadium amino acid chelate)	10mcg *
Iodine (from kelp)	150mcg 100%		

*Daily Value (DV) not established.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, STEARIC ACID (VEGETABLE SOURCE), SILICON DIOXIDE, CROSCARMELOSE SODIUM, MAGNESIUM STEARATE (VEGETABLE SOURCE), VEGETABLE COATING (SODIUM CARBOXYMETHYLCELLULOSE). CONTAINS SOY (VITAMIN E) INGREDIENTS. PRODUCED IN A FACILITY THAT PROCESSES TREE NUTS, MILK, EGGS, SHELLFISH, FISH AND WHEAT.

MANUFACTURED FOR: WHOLE FOODS MARKET • 550 BOWIE STREET • AUSTIN, TX 78703

©2014 WHOLE FOODS MARKET LP

www.wholefoodsmarket.com

CONTAINS NO ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES. NOTE: IF YOU ARE PREGNANT, NURSING, HAVE ANY HEALTH CONDITION OR ARE TAKING ANY MEDICATIONS, CONSULT YOUR HEALTH CARE PRACTITIONER BEFORE USING THIS PRODUCT. TAMPER EVIDENT, USE ONLY IF SEAL IS INTACT. KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY PLACE.

WARNING: ACCIDENTAL OVERDOSE OF IRON-CONTAINING PRODUCTS IS A LEADING CAUSE OF FATAL POISONING IN CHILDREN UNDER 6. IN CASE OF ACCIDENTAL OVERDOSE, CALL A DOCTOR OR POISON CONTROL CENTER IMMEDIATELY.



BOTTLE IS MADE FROM
100% PCR CONTENT

GMP
GOOD MANUFACTURING PRACTICES



*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.