

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

- Added immune support in our high potency multivitamin formula**
- Full day's supply of 18 essential vitamins and minerals

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 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.

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SWANSON®

High Potency Multi with Iron

Overall Health**

+IMMUNE SUPPORT 

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 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.....	665 mcg DFE (400 mcg folic acid).....166%
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%
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).

Contains sulfites. Contains a bioengineered food ingredient.

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