

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

- 19 vitamins and minerals per serving
- All-purpose multivitamin with minerals for daily use
- Helps fill dietary gaps for essential vitamins and minerals

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one capsule one to two times per day with food and water.

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.

WARNINGS: 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. 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.

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Multi and Mineral

Balanced Formula for Daily Support

DAILY

DIETARY SUPPLEMENT | 100 CAPSULES

Supplement Facts		
Serving Size 1 Capsule		
Amount Per Serving		% Daily Value
Vitamin A.....	3,000 mcg RAE.....	333%
(as palmitate and beta-carotene)		
Vitamin C (from calcium ascorbate).....	200 mg.....	222%
Vitamin D (as cholecalciferol).....	10 mcg.....	50%
Vitamin E.....	10 mg.....	67%
(as d-alpha tocopheryl succinate)		
Thiamin (thiamin HCl) (vitamin B1).....	10 mg.....	833%
Riboflavin (vitamin B2).....	10 mg.....	769%
Niacin.....	100 mg NE.....	625%
Vitamin B6 (from pyridoxine HCl).....	5 mg.....	294%
Folate.....	665 mcg DFE.....	166%
(400 mcg folic acid)		
Vitamin B12 (from cyanocobalamin).....	5 mcg.....	208%
Pantothenic Acid.....	20 mg.....	400%
(from d-calcium pantothenate)		
Calcium (from calcium carbonate).....	150 mg.....	12%
and ascorbate)		
Iron (from ferrous sulfate).....	12 mg.....	67%
Iodine (from kelp).....	150 mcg.....	100%
Magnesium (from magnesium oxide).....	32.5 mg.....	8%
Zinc (from zinc sulfate).....	15 mg.....	136%
Selenium.....	200 mcg.....	364%
(from selenium amino acid complex)		
Copper (from copper sulfate).....	2 mg.....	222%
Manganese (from manganese sulfate).....	1 mg.....	43%
Other ingredients: Gelatin, brown rice flour, maltodextrin, modified cornstarch, magnesium stearate, acacia gum, sucrose, microcrystalline cellulose (plant fiber), dl-alpha tocopherol, hydroxypropyl methylcellulose, sodium ascorbate, medium-chain triglycerides, silica.		
Contains shellfish (shrimp, crab, lobster).		
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