

Thompson  
SINCE 1932

# All-In-One Multivitamin

100% RDA OF 21  
VITAMINS AND MINERALS

ONCE DAILY  
DIETARY SUPPLEMENT

60 Capsules



**WARNING:** Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product. Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. In case of accidental overdose, call a doctor or poison control center immediately.

**Directions:** Use only as directed. Take one capsule once daily with a meal or glass of water. Store in a cool, dry place.

## Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Vitamin A (100% as Beta Carotene)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as Ergocalciferol) (D-2)	400 IU	100%
Vitamin E (as Natural Source d-Alpha Tocopheryl Acetate) (soy)	30 IU	100%
Vitamin K (as Phylloquinone)	80 mcg	100%
Thiamine (as Thiamine mononitrate) (B-1)	1.5 mg	100%
Riboflavin (B-2)	1.7 mg	100%
Niacin (as Niacinamide) (B-3)	20 mg	100%
Vitamin B-6 (as Pyridoxine HCl)	2 mg	100%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	100%
Biotin	300 mcg	100%
Pantothenic Acid (as Calcium Pantothenate)	10 mg	100%
Calcium (as Calcium Carbonate)	100 mg	10%
Iron (as Ferrrous Fumarate)	18 mg	100%
Phosphorus (as Potassium Phosphate)	39 mg	4%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	50 mg	13%
Zinc (as Zinc Oxide)	15 mg	100%
Selenium (as Selenomethionine)	70 mcg	100%
Copper (as Copper Citrate)	2 mg	100%
Manganese (as Manganese Citrate)	2 mg	100%
Chromium (as Chromium Picolinate)	120 mcg	100%
Molybdenum (as Molybdenum Glycinate)	75 mcg	100%
Potassium (as Potassium Phosphate)	99 mg	3%

**Other Ingredients:** Vegetable cellulose capsule, cellulose, magnesium stearate, calcium phosphate, maltodextrin and acids.

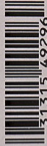
Our own laboratory analysis guarantees purity and freshness of all Thompson® products.

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### Comments or Questions:

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