



ONCE DAILY  
DIETARY SUPPLEMENT

60 Capsules

# IRON FREE All-In-One Multivitamin

100% RDA OF 20  
VITAMINS AND MINERALS

SINCE 1932

Thompson

**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.

**Directions:** Use only as directed. Take one capsule 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 Phyttonadione)	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%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	50 mg	13%
Zinc (as Zinc Citrate)	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:** Gelatin capsule, magnesium stearate, cellulose, calcium phosphate, maltodextrin, and acacia.

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

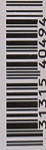
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