

This product has been manufactured and packaged in strict conformance with industry and government standards.

**FOIL - TAMPER RESISTANT SEAL**

If printed heat induced seal appears to be tampered with, do not use product.

**Directions:** One capsule daily as a dietary supplement, preferably with a meal.

**Warnings:** Children, women who may become pregnant, and pregnant women should not use more than 10,000 iu per day of vitamin A except on the advice of a physician.

**Keep Out of the Reach of Children.**

Store in a dry, controlled room environment.

Manufactured in the USA for:  
**MASON VITAMINS, INC.**  
Miami Lakes, FL 33014  
1-888-860-5376 •  
[www.MasonVitamins.com](http://www.MasonVitamins.com)

‡Mason Natural® is a registered trademark and does not refer to any product claim.



# MASON natural® ‡

Multivitamin

# Super Multiple

**34 VITAMINS & MINERALS**

**DIETARY SUPPLEMENT**

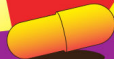
**Complete Nutritional Support**

*Rich in Folic Acid • No Iron Formula*

**60 CAPSULES**

**IRON  
FREE**

**Easy-to  
Swallow  
Capsule**



## Supplement Facts

Serving Size 1 Capsule

| Amount Per Serving % DV                                                     |           |        | Amount Per Serving % DV                                                                                                                                           |         |     |
|-----------------------------------------------------------------------------|-----------|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|-----|
| Vitamin A (as beta carotene)                                                | 10,000 IU | 200%   | Copper (as cooper chelate)                                                                                                                                        | 1 mg    | 50% |
| Vitamin C (as ascorbic acid and acerola berry)                              | 150 mg    | 250%   | Manganese (as manganese sulfate)                                                                                                                                  | 1 mg    | 50% |
| Vitamin D (as cholecalciferol)                                              | 400 IU    | 100%   | Chromium (as chromium chelate)                                                                                                                                    | 100 mcg | 83% |
| Vitamin E (as dl-alpha tocopheryl acetate and d-alpha tocopherol succinate) | 25 IU     | 83%    | Boron (sodium borate)                                                                                                                                             | 150 mcg | **  |
| Thiamin(B1)(thiamine mononitrate)                                           | 25 mg     | 1,667% | Choline (as choline bitartrate)                                                                                                                                   | 150 mcg | **  |
| Riboflavin (vitamin B-2)                                                    | 25 mg     | 1,471% | Inositol                                                                                                                                                          | 250 mcg | **  |
| Niacin (as niacinamide)                                                     | 100 mg    | 500%   | Liver (defatted)(bovine)                                                                                                                                          | 50 mg   | **  |
| Vitamin B-6 (as pyridoxine HCl)                                             | 25 mg     | 1,250% | PABA (para-aminobenzoic acid)                                                                                                                                     | 25 mcg  | **  |
| Folate (as folic acid)                                                      | 400 mcg   | 100%   | L-Glutamic Acid base                                                                                                                                              | 25 mg   | **  |
| Vitamin B-12 (as cyanocobalamin)                                            | 100 mcg   | 1,667% | Rutin                                                                                                                                                             | 25 mg   | **  |
| Biotin                                                                      | 30 mcg    | 10%    | Citrus Bioflavonoids (Citrus spp)(whole rind)                                                                                                                     | 25 mg   | **  |
| Pantothenic Acid (as calcium pantothenate)                                  | 50 mg     | 500%   | Betaine HCl                                                                                                                                                       | 15 mg   | **  |
| Calcium (as tricalcium phosphate tribasic)                                  | 35 mg     | 4%     | Hesperidin Complex (citrus spp.)(whole rind)                                                                                                                      | 5 mg    | **  |
| Iodine (as potassium iodide)                                                | 75 mcg    | 50%    | L-Lysine HCl                                                                                                                                                      | 5 mg    | **  |
| Magnesium (as magnesium gluconate and magnesium oxide)                      | 10 mg     | <2%    | Acerola (Malphigia glabra)(fruit)                                                                                                                                 | 5 mg    | **  |
| Zinc (as zinc sulfate)                                                      | 7.5 mg    | 50%    | Super Food Base:                                                                                                                                                  | 2 mg    | **  |
| Selenium (as selenium amino acid chelate)                                   | 70 mcg    | 100%   | Alfalfa (Medigo sativa)(whole plant), Watercress (Nasturtium officinale)(aerial), Parsley (Petroselinum crispum)(leaf), Lecithin (from soybeans)(soya supp)(seed) |         |     |

\*\* Daily Value not established.

Other Ingredients: Gelatin (bovine), Modified Cellulose, Whey (containing lactose), Magnesium Stearate and Silicon Dioxide, FD&C Yellow #6 and Titanium Dioxide.

**ALLERGEN CERTIFICATION** This product contains soy and milk.

**LOT/EXP. DATE**

**1464-60**



GUARANTEED NO  
ADDED: Sugar, Starch,  
Sodium, Yeast, Corn,  
Wheat, Gluten, Egg,  
Fragrance, Artificial  
Colors or Flavors and  
Preservatives.



Please  
Recycle