

Jarrow
FORMULAS

Multi-Vitamin/Mineral Formula

Multi 1-to-3 with Lutein

Comprehensive Multi with Antioxidant Herbs
Iron-Free Mineral Complex

100
TABLETS

DIETARY
SUPPLEMENT



Supplement Facts

Serving Size 3 Tablets

	Amount Per Serving	% DV
Vitamin A (as retinyl palmitate)	2000 IU	40%
Beta Carotene	5000 IU	100%
Vitamin C (as calcium ascorbate)	500 mg	833%
Vitamin D ₃ (cholecalciferol)	1000 IU	250%
Vitamin E (as a natural d-alpha tocopheryl succinate)	200 IU	667%
Vitamin B ₁ (as thiamine mononitrate)	50 mg	3333%
Vitamin B ₂ (as riboflavin)	50 mg	2941%
Vitamin B ₃ (as niacin)	50 mg	250%
Vitamin B ₃ (as niacinamide)	50 mg	250%
Vitamin B ₆ (as pyridoxine HCl)	50 mg	2500%
Folic Acid	400 mcg	100%
Vitamin B ₁₂ (as methylcobalamin)	50 mcg	834%
Biotin	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	1000%
Calcium	500 mg	50%
(as calcium malate)	225 mg 25% DV	
(as calcium citrate)	225 mg 25% DV	
(as calcium ascorbate)	50 mg 5% DV	

Other Ingredients: Cellulose, stearic acid (vegetable source), magnesium stearate (vegetable source), silicon dioxide and a food grade coating.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Suitable for vegetarians/vegans.

Lot #: Best Used Before:

Servings Per Container 33

	Amount Per Serving	% DV
Iodine (from kelp)	150 mcg	100%
Magnesium (as magnesium oxide)	300 mg	75%
Zinc (as zinc monomethionine)	15 mg	100%
Selenium (as selenomethionine) (yeast bound) (fermentation by <i>Saccharomyces cerevisiae</i>)	30 mcg	40%
Copper (as copper gluconate)	1 mg	50%
Manganese (as manganese citrate)	1 mg	50%
Chromium (yeast bound) (fermentation by <i>Saccharomyces boulardii</i>)	200 mcg	170%
Molybdenum (as sodium molybdate)	75 mcg	100%
Potassium (as potassium chloride)	99 mg	3%
Rosemary (Leaf Extract) (<i>Rosmarinus officinalis</i>)	110 mg	*
Inositol	100 mg	*
Organic Ginger Root (<i>Zingiber officinale</i>)	50 mg	*
Choline (as choline bitartrate)	48 mg	9%
MSM (methylsulfonylmethane)	25 mg	*
Lutein	3 mg	*

* Daily Value not established.

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
P.O. Box 35994
Los Angeles, CA 90035-4317
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08114M3 PROD # 101003



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NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product. **Store in a cool, dry place.**

USAGE: Take 1, 2 or 3 tablets per day with meals or as directed by your qualified healthcare professional. **Keep out of the reach of children.**