

Other Ingredients: Cellulose, modified cellulose gum, stearic acid (vegetable source), calcium stearate (vegetable source), lemon bioflavonoid complex, silica and glycerin.

SUGGESTED USE: Take one tablet daily with food.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.

Our Iron Free **One Daily Multiple** is formulated to provide the essential recommended nutrients for individuals with average nutritional needs. It is an ideal multi for post-menopausal women and men over the age of 25.[†]

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

[†] 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.

Iron Free ONE DAILY MULTIPLE

Provides Basic Nutritional Support[†]

Dietary Supplement

90 VEGETARIAN TABLETS



Supplement Facts

Serving Size 1 Tablet

Servings Per Container 90

Amount Per Serving	% Daily Value	
Vitamin A (as beta-carotene)	5,000 IU	100%
Vitamin C (as calcium ascorbate)	100 mg	167%
Vitamin D3 (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	30 IU	100%
Thiamin (as thiamin HCl)	10 mg	667%
Riboflavin	10 mg	588%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	10 mg	500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	15 mcg	250%
Biotin	30 mcg	10%
Pantothenic Acid (as d-calcium pantothenate) ...	20 mg	200%
Calcium (from dibasic calcium phosphate, ascorbate and pantothenate)	100 mg	10%
Phosphorus (from dibasic calcium phosphate)...	68 mg	7%
Iodine (from potassium iodide)	150 mcg	100%
Magnesium (from magnesium oxide)	50 mg	13%
Zinc (from zinc oxide, gluconate)	15 mg	100%
Selenium (from selenium dioxide)	25 mcg	36%
Copper (from copper gluconate)	1 mg	50%
Manganese (from manganese gluconate)	1 mg	50%
Chromium (from chromium chloride)	25 mcg	21%
Molybdenum (from sodium molybdate)	5 mcg	7%

KEEP OUT OF REACH OF CHILDREN.

544-906

