



Super 1 Daily®

Vegetarian Multiple Formula

DIETARY SUPPLEMENT

Supports the Maintenance of Good Health*
180 Tablets

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Tablet	% DV
Vitamin A (as beta carotene)	10,000 IU	200%
Vitamin C (as calcium ascorbate)	300 mg	500%
Vitamin D3 (as cholecalciferol)	1,000 IU	250%
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	667%
Vitamin K2 (as menatetranone MK-4)	60 mcg	75%
Thiamin (Vitamin B-1) (from thiamin HCl)	15 mg	1000%
Riboflavin (Vitamin B-2)	17 mg	1000%
Niacin (as niacinamide)	50 mg	250%
Vitamin B-6 (as pyridoxine HCl)	20 mg	1000%
Folate (folic acid)	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	100 mcg	1667%
Biotin	300 mcg	100%
Pantothenic Acid (from d-calcium pantothenate)	20 mg	200%

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid (veg.), magnesium stearate (veg.), carob powder, silicon dioxide, dicalcium phosphate, hydroxypropylcellulose, ethylcellulose, rice protein, acacia, pharmaceutical glaze.

Directions: Take one tablet daily only at mealtime.
Best when used within 1 year of first opening bottle. Keep bottle tightly closed.
Store away from heat and moisture. This formula is prepared to disintegrate over a period of up to 1 hour.

Warning: Vitamin K can antagonize the effect of anticoagulants, including Warfarin/Coumadin. Do not take this product if you are taking Warfarin/Coumadin or are pregnant or breastfeeding without first consulting with your physician.

	Amount Per Tablet	% DV
Calcium (from calcium ascorbate, dicalcium phosphate and d-calcium pantothenate)	70 mg	7%
Iron (from iron glycinate chelate)	9 mg	50%
Iodine (from potassium iodide)	225 mcg	150%
Magnesium (from magnesium oxide)	50 mg	13%
Zinc (from zinc glycinate)	15 mg	100%
Selenium (from selenomethionine)	105 mcg	150%
Copper (from copper glycinate)	1 mg	50%
Manganese (from manganese glycinate)	3 mg	150%
Chromium (from chromium nicotinate)	180 mcg	150%
Molybdenum (from molybdenum glycinate)	75 mcg	100%
Lutein	500 mcg	**
Lemon Bioflavonoids Complex	50 mg	**
Vanadium (from Bis-Maltolato Oxo Vanadium)	200 mcg	**
Choline (from choline bitartrate)	25 mg	**
Boron (from boron glycinate)	2 mg	**

** Daily Value (DV) not established.

✓ **Gluten-free** ✓ **Sugar-free**
✓ **Preservative-free**

POTENCY & QUALITY GUARANTEED

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WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.



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