

Other ingredients: Cellulose, modified cellulose gum, stearic acid (vegetable source), calcium stearate (vegetable source), lemon bioflavonoid complex, dibasic calcium phosphate, 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 One Daily Multiple is formulated to provide the essential recommended nutrients for individuals with average nutritional needs. It is an ideal multivitamin to begin a dietary supplement routine.*

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

To report a serious adverse event, call 1-888-710-0008

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 center immediately.

* 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.

Easy-to-Swallow
**ONE DAILY
MULTIPLE**
Provides Basic Nutritional Support*

Dietary Supplement
30 VEGETARIAN TABLETS



Supplement Facts

Serving Size 1 Tablet

Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (80% as palmitate, 20% as beta-carotene)	10,000 IU 200%
Vitamin C (as calcium ascorbate)	100 mg 100%
Vitamin D3 (as cholecalciferol)	400 IU 100%
Vitamin E (as d-alpha-tocopheryl succinate) ..	30 IU 100%
Thiamin (as thiamin HCl)	10 mg 80%
Riboflavin	10 mg 500%
Niacin (as niacinamide)	20 mg 100%
Vitamin B6 (as pyridoxine HCl)	10 mg 500%
Folic Acid	400 mcg 100%
Vitamin B12 (as cobalamin)	15 mcg 250%
Biotin	20 mcg 10%
Pantothenic Acid (as d-calcium pantothenate) ..	20 mg 200%
Calcium (from dibasic calcium phosphate, ascorbate, pantothenate)	100 mg 10%
Iron (from ferrous fumarate)	10 mg 100%
Phosphorus (from di-calcium phosphate) ..	50 mg 5%
Iodine (from potassium iodide)	160 mcg 100%
Magnesium (from magnesium oxide)	50 mg 10%
Zinc (from zinc oxide, gluconate)	15 mg 100%
Selenium (from L-selenomethionine)	25 mcg 50%
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.

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