

Other Ingredients: Calcium stearate (vegetable source), cellulose, silica, stearic acid (vegetable source), bioflavonoids.

**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.<sup>†</sup>

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

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

<sup>†</sup> 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<sup>†</sup>

Dietary Supplement

60 VEGETARIAN TABLETS



## Supplement Facts

Serving Size 1 Tablet

Servings Per Container 60

Amount Per Serving % Daily Value

Vitamin A (80% from palmitate, 20% from beta-carotene) .....	10,000 IU	200%
Vitamin C (as calcium ascorbate) .....	100 mg	183%
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	568%
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 .....	30 mcg	10%
Pantothenic Acid (as d-calcium pantothenate) ..	20 mg	200%
Calcium (from di-calcium phosphate) ...	100 mg	10%
Phosphorous (from di-calcium phosphate) ...	50 mg	5%
Iodine (from potassium iodide) .....	150 mcg	100%
Magnesium (from magnesium oxide) .....	60 mg	13%
Zinc (from zinc gluconate, oxide) .....	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%

\* Daily Value not established.

KEEP OUT OF REACH OF CHILDREN.

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