

FREEDA®



Moderate Multi-Vitamin

FREEDAVITE™

Tiny Tablet

Vitamin and Mineral
Supplement**100 TABLETS****Supplement Facts**

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value	Amount Per Tablet	% Daily Value
Vitamin A (as vitamin A palmitate & beta-carotene)	5000 IU 100%	Biotin	30 mcg 10%
Vitamin C (as calcium ascorbate)	60 mg 100%	Pantothenic acid (as d-calcium pantothenate)	10 mg 100%
Vitamin D (as ergocalciferol)	400 IU 100%	Calcium (as calcium carbonate and calcium ascorbate)	20 mg 2%
Vitamin E (as d alpha tocopheryl acid succinate)	30 IU 100%	Iron (as ferrous fumarate)	1.8 mg 10%
Thiamin (vitamin B1) (as thiamin HCl)	1.5 mg 100%	Iodine (as potassium iodide)	75 mcg 50%
Riboflavin (vitamin B2)	1.7 mg 100%	Magnesium (as magnesium oxide)	8 mg 2%
Niacin (as niacinamide)	20 mg 100%	Zinc (as zinc citrate)	1.5 mg 10%
Vitamin B6 (as pyridoxine hydrochloride)	2 mg 100%	Selenium (from ocean kelp) (plant)	35 mcg 50%
Folic acid	400 mcg 100%	Copper (as cupric gluconate)	0.1 mg 5%
Vitamin B12 (as cyanocobalamin)	6 mcg 100%	Manganese (as manganese gluconate)	0.625 mg 31%

NO GLUTEN
NO LACTOSE
NO ARTIFICIAL COLORS
NO ARTIFICIAL FLAVORS
NO ANIMAL DERIVATIVES
NO SUGAR OR STARCH
NO GELATIN
NO YEAST

Other ingredients: Cellulose, calcium stearate, silica.

Suggested use: Adults, take one (1) tablet daily preferably with food and liquid.

Store product at room temperature. Do not expose to excessive heat or moisture.

FREEDA VITAMINS INC.

47-25 34th Street, L.I. City, NY 11101

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.

