



Suggested usage: 1 tablet per day or as directed by a health professional.

Cautions: As with any supplement, consult your health professional before use if you are pregnant, breastfeeding, or trying to conceive, or if you are taking medication, have a medical condition, or anticipate a surgery. Keep out of the reach of children.

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no dairy, sugar, wheat, gluten, yeast, soy, egg, fish, shellfish, salt, tree nuts, or GMOs. Suitable for vegetarians. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

PRODUCT OF CANADA
Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS
14224 167th Avenue SE
Monroe, WA 98272

Recyclable container and label.

LOT & EXPIRY 1.3125" x .25" Single Line

**Purity & Potency
Guaranteed**



Actual Size

Super Multi[®] IRON FREE

MULTI VITAMIN & MINERAL
COMPLEX FOR EVERYONE

90 Tablets

ALL YOU NEED IS ONE[®]



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A (100% beta-carotene)	10,000 IU	200%	Calcium (carbonate & citrate)	125 mg	15%
Vitamin C (ascorbic acid)	150 mg	250%	Iodine (from kelp)	100 mcg	70%
Vitamin D3 (cholecalciferol)	400 IU	100%	Magnesium (oxide & citrate)	50 mg	15%
Vitamin E (d-alpha tocopheryl acid succinate)	50 IU	170%	Zinc (citrate)	10 mg	70%
Thiamine (hydrochloride)	25 mg	1,670%	Selenium (chelate)	20 mcg	30%
Riboflavin	25 mg	1,470%	Manganese (citrate)	5 mg	250%
Niacin (niacinamide)	50 mg	250%	Chromium (chelate)	100 mcg	80%
Vitamin B6 (pyridoxine hydrochloride)	25 mg	1,250%	Potassium (citrate)	10 mg	<1%
Folic Acid	800 mcg	200%	Choline (bitartrate)	50 mg	**
Vitamin B12 (cyanocobalamin)	50 mcg	830%	Para-Aminobenzoic Acid	25 mg	**
Biotin	25 mcg	8%	Inositol	50 mg	**
Pantothenic Acid (calcium pantothenate)	25 mg	250%	Glutamic Acid HCl	25 mg	**

** Daily Value not established.

Other ingredients: Microcrystalline cellulose, coating (carbohydrate gum [cellulose], glycerin), croscarmellose sodium, magnesium stearate (vegetable grade).

