



SWANSON[®]
PREMIUM BRAND
bringing wellness to the world since 1969

High Potency Softgel Multi

Multi-Vitamin & Mineral Supplement

120 softgels



• DO NOT USE IF SEAL IS BROKEN. • KEEP OUT OF REACH OF CHILDREN
• STORE IN A COOL, DRY PLACE. DO NOT REFRIGERATE.

SUGGESTED USE: As a dietary supplement, take two softgels per day with food and water.
WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under age six. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 60

Amount Per Serving	% Daily Value
Calories.....	20
Total Fat.....	2 g
Vitamin A (as beta-carotene).....	3,000 mcg RAE.....3%†
Vitamin C (as ascorbic acid).....	300 mg.....333%
Vitamin D (as cholecalciferol).....	10 mcg.....333%
Vitamin E (as d-alpha tocopheryl acetate).....	134 mg.....50%
Thiamin (vitamin B-1) (as thiamin mononitrate).....	50 mg.....893%
Riboflavin (vitamin B-2).....	50 mg.....4,167%
Niacin (from niacinamide and niacin).....	60 mg NE.....3,846%
Vitamin B-6 (as pyridoxine HCl).....	50 mg.....375%
Folate.....	665 mcg DFE (400 mcg folic acid).....2,941%
Vitamin B-12 (as cyanocobalamin).....	50 mcg.....166%
Biotin.....	300 mcg.....2,083%
Pantothenic Acid (as d-calcium pantothenate).....	50 mg.....1,000%
Choline (from choline bitartrate).....	50 mg.....1,000%
Calcium (from calcium carbonate).....	200 mg.....9%
Iron (from ferrous fumarate).....	15 mg.....15%
Iodine (from potassium iodide).....	150 mcg.....83%
Magnesium (from magnesium oxide).....	100 mg.....100%
Zinc (from zinc oxide).....	15 mg.....24%
Selenium (SelenoExcel [®] organically bound high-selenium yeast).....	200 mcg.....136%
Copper (from copper gluconate).....	2 mg.....364%
Manganese (from manganese sulfate).....	10 mg.....222%
Chromium (from chromium picolinate).....	120 mcg.....435%
Molybdenum (from sodium molybdate).....	75 mcg.....343%
Sunflower Lecithin, 80 mg*; Inositol, 50 mg*; PABA (para-aminobenzoic acid), 50 mg*; Boron (from calcium borogluconate), 1 mg*; Silica, 500 mcg*; Vanadium (from vanadyl sulfate), 10 mcg*	167%

†Percent Daily Values are based on a 2,000 calorie diet.

*Daily Value not established.

Other ingredients: Medium-chain triglycerides oil (palm), gelatin, glycerin, potassium chloride, purified water, canola oil, beeswax, carob (contains caramel color, corn syrup, carob extract).

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS** • Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148 or visit our website at www.swansonvitamins.com

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