SWANSON®
PREMIUM BRAND
bringing wellness to the world since 1969

High Potency Softgel Multi

without Iron

Multi-Vitamin & Mineral Supplement

GUARANTEED PURITY & POTENCY

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.

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 60

Amount Per Serving		% Daily Value
Calories	20	
Total Fat	2 g	3%†
Vitamin A (as beta-carotene)	3,000 mcg RAE	333%
Vitamin C (as ascorbic acid)	300 mg	333%
Vitamin D (as cholecalciferol)	10 mcg	50%
Vitamin E (as d-alpha tocopheryl acetate)	134 mg	893%
Thiamin (vitamin B-1) (as thiamin mononitrate)	50 mg	4,167%
Riboflavin (vitamin B-2)	50 mg	3,846%
Niacin (from niacinamide and niacin)	60 mg NE	375%
Vitamin B-6 (as pyridoxine HCl)	50 mg	2,941%
Folate	670 mcg DFE (400 mcg folic acid)	168%
Vitamin B-12 (as cyanocobalamin)	50 mcg	2,083%
Biotin	300 mcg	1,000%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	1,000%
Choline (from choline bitartrate)	50 mg	9%
Calcium (from calcium carbonate)	200 mg	15%
Iodine (from potassium iodide)	150 mcg	100%
Magnesium (from magnesium oxide)	100 mg	24%
Zinc (from zinc oxide)	15 mg	136%
Selenium (from SelenoExcell® organically bound high-selenium yeast)	200 mcg	364%
Copper (from copper gluconate)	2 mg	222%
Manganese (from manganese sulfate)	10 mg	435%
Chromium (from chromium picolinate)	120 mcg	343%
Molybdenum (from sodium molybdate)	75 mcg	167%

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*

†Percent Daily Values are based on a 2,000 calorie diet.
*Daily Value not established.

Other ingredients: Medium-chain triglycerides (from coconut and/or palm oil), gelatin, glycerin, potassium chloride, purified water, canola oil, beeswax, carob (contains caramel color, corn syrup, carob extract).
Contains tree nuts (coconut).

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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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