

Supplement Facts

Serving Size 1 Tablet

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

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

† Contains less than 2% of the Daily Value of this nutrient.

‡ Daily Value not established.

Other ingredients: Cellulose, coating, croscarmellose sodium, magnesium stearate (vegetable grade).

Contains soy.

R4

Super Multi™ IRON FREE

*Multi Vitamin & Mineral
Complex for Everyone*

ALL YOU NEED IS ONE®

90 Tablets

**natural
Factors®**

Suggested Usage: 1 tablet per day or as directed by a health professional. Keep out of reach of children.

All Natural Factors products are manufactured in accordance with the Government of Canada's Good Manufacturing Practices (GMP), among the highest standards in the world.

Contains no artificial preservatives, color or sweeteners: no dairy, wheat or yeast. 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,
1111-80th St. SW, Ste. 100
Everett WA, USA 98203



Recyclable container.

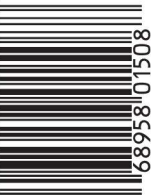


Actual Size

8

80510 85689

0



**Purity & Potency
Guaranteed**