

Amount Per Serving	% Daily Value
Choline (as choline bitartrate).....	117 mg *
Glutamic Acid HCl.....	35 mg *
Inositol.....	250 mg *
PNAA (as para-aminobenzoic acid).....	30 mg *

* Daily Value not established.

Other ingredients: Calcium stearate (vegetable source), silica, stearic acid (vegetable source).

SUGGESTED USE: Take one tablet daily with food.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.

A medium potency supplement, **Super Daily** is a convenient one-per-day tablet for those with adequate amounts of iron in their daily diets. Typically, men and post-menopausal women do not require supplemental iron.[†]

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

[†] These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Iron Free Multi SUPER DAILY

Provides Basic Nutritional Support[†]

Dietary Supplement
30 VEGETARIAN TABLETS



Supplement Facts

Serving Size 1 Tablet

Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as palmitate).....	6,000 IU 100%
Vitamin C (as ascorbic acid, sodium ascorbate).....	250 mg 417%
Vitamin D3 (as cholecalciferol).....	400 IU 100%
Vitamin E (as alpha-tocopheryl succinate).....	100 IU 300%
Thiamin (as thiamin mononitrate).....	30 mg 2000%
Riboflavin.....	30 mg 1785%
Niacin (as niacinamide, niacinamide ascorbate).....	100 mg 500%
Vitamin B6 (as pyridoxine HCl).....	30 mg 1500%
Folic Acid.....	400 mcg 100%
Vitamin B12 (as cobalamin).....	250 mcg 4167%
Biotin.....	150 mcg 50%
Pantothenic Acid (D-calcium pantothenate).....	100 mg 1000%
Calcium (from calcium carbonate).....	200 mg 20%
Iodine (from potassium iodide).....	150 mcg 100%
Magnesium (from magnesium oxide).....	100 mg 25%
Zinc (from zinc gluconate).....	10 mg 67%
Selenium (from L-selenomethionine).....	50 mcg 71%
Copper (from copper gluconate).....	2 mg 100%
Manganese (from manganese carbonate).....	7 mg 350%
Betaine HCl.....	25 mg *
Bioflavonoid Complex (from lemon, rutin, hesperidin).....	75 mg *

KEEP OUT OF REACH OF CHILDREN

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