

SUPPLEMENT FACTS Serving Size: 1 Tablet. Servings per Container: 60. **Vitamin A** (as Beta-Carotene) 10,000 IU (200% DV), **Vitamin A** (as Retinyl Palmitate) 10,000 IU (200% DV), **Vitamin C** (from Calcium Ascorbate) 200 mg (333% DV), **Vitamin D-3** (as Cholecalciferol) 400 IU (100% DV), **Vitamin E** (as natural d-alpha Tocopheryl Succinate) 150 IU (500% DV), **Thiamine** (from Thiamine HCl) (Vitamin B1) 100 mg (6667% DV), **Riboflavin** (Vitamin B-2) 100 mg (5882% DV), **Niacin** (as Niacinamide) 100 mg (500% DV), **Vitamin B-6** (as Pyridoxine HCl) 100 mg (5000% DV), **Folic Acid** 400 mcg (100% DV), **Vitamin B-12** (as Cyanocobalamin) 100 mcg (1667% DV), **Biotin** 100 mcg (33% DV), **Pantothenic Acid** (from calcium pantothenate) 100 mg (1000% DV), **Calcium** (from Calcium Ascorbate and Calcium Carbonate) 50 mg (5% DV), **Iron** (as Ferrochel® Ferrous Bisglycinate Chelate) 10 mg (56% DV), **Iodine** (from Kelp) 150 mcg (100% DV), **Magnesium** (as Magnesium Oxide, TRAACS® Magnesium Bisglycinate Chelate) 30 mg (8% DV), **Zinc** (as TRAACS® Zinc Bisglycinate Chelate) 15 mg (100% DV), **Selenium** (as Albion® Selenium Glycinate Complex) 25 mcg (36% DV), **Copper** (as TRAACS® Copper Bisglycinate Chelate) 500 mcg (25% DV), **Manganese** (as TRAACS® Manganese Bisglycinate Chelate) 5 mg (250% DV), **Chromium** (from Yeast-free GTF) 120 mcg (100% DV), **Molybdenum** (as TRAACS® Molybdenum Glycinate Chelate) 50 mcg (67% DV), **Potassium** (as Albion® Potassium Glycinate Complex) 10 mg (<1% DV), **Boron** (as Albion® Bororganic Glycine) 500 mcg († DV), **Vanadium** (as TRAACS® Vanadium Nicotinate Glycinate Chelate) 50 mcg († DV), **Choline** (from Choline Bitartrate) 100 mg († DV), **Inositol** 100 mg († DV), **PABA** 40 mg († DV), **Rutin** 25 mg († DV), **Betaine** (as Betaine HCl) 25 mg († DV), **Glutamic Acid** 25 mg († DV), **Spirulina** 50 mg († DV), **Barley Grass** 50 mg († DV), **Citrus Bioflavonoids** (37% Bioflavonoids as Hesperidin) 25 mg († DV), **Psyllium Husk Fiber** 25 mg († DV). Percent Daily Values (DV) are based on a 2,000 calorie diet. †: % Daily Value (DV) not established. **Other Ingredients:** Stearic Acid (vegetable source), Silica, Magnesium Stearate (vegetable source), Cellulose, Croscarmellose Sodium, Base of 72 Trace Minerals, and Vegetarian Coating. **Contains:** Vitamin E from soy. **Contains no:** wheat, milk, egg, fish, shellfish, or tree nut ingredients.

Benefits of Multi Vitamins and Minerals:

- High potency Multi Vitamin helps bridge the nutrient gap in your daily diet*
- Formulated to provide a broad range of supplemental nutrition*
- One-A-Day tablet provides sustained timed release dosage*

Suggested Use: Adults: Take 1 tablet daily with a meal. Keep in a cool, dry place with lid tightly closed.

Safety Sealed: Do not accept if inner freshness seal is damaged or missing.

Nature's Wonderland® Guarantee: This product is guaranteed for purity, freshness and labeled potency.

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WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or Poison Control Center immediately.

*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.

