



# WONDER

## Laboratories

FORMULA  
249

# ZERO IRON

**Hi-Potency  
Multi Vitamin-Mineral**

## Iron Free

Dietary Supplement

**Gluten Free**

**250 TABLETS**

## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% DV
Vitamin A (as 50% palmitate & 50% beta carotene) 5000 IU	100%
Vitamin C (as L-ascorbic acid) 200 mg	333%
Vitamin D-3 (as cholecalciferol) 400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate) 15 IU	50%
Thiamin (as thiamin hydrochloride) 10 mg	667%
Riboflavin (vitamin B-2) 10 mg	588%
Niacin (as niacinamide) 100 mg	500%
Vitamin B-6 (as pyridoxine hydrochloride) 5 mg	250%
Folic Acid 400 mcg	100%
Vitamin B-12 (as cyanocobalamin) 5 mcg	83%

**TAMPER EVIDENT:** Do not use this product if imprinted foil seal under cap is broken or missing.

Keep tightly closed. Store at room temperature: 59°-86°F (15° to 30°C).

**KEEP OUT OF REACH OF CHILDREN.**

Conforms to USP <2091> for weight. Meets USP <2040> disintegration for maximum bioavailability. Contains fish (cod) ingredients.

**CAUTION:** If you are pregnant or nursing, consult your physician before taking this product. Rev. #01

Amount Per Serving	% DV
Biotin 50 mcg	17%
Pantothenic Acid (as calcium pantothenate) 20 mg	200%
Calcium (as calcium carbonate) 125 mg	12.5%
Iron 000 mg	000%
Iodine (as potassium iodide) 150 mcg	100%
Magnesium (as magnesium oxide) 65 mg	16%
Zinc (as zinc gluconate) 5 mg	33%
Copper (as copper gluconate) 2 mg	100%
Manganese (as manganese gluconate) 1 mg	50%

Other ingredients: Vegetable cellulose, vegetable stearic acid, vegetable magnesium stearate, silica, bioflavonoids, choline bitartrate, inositol, paba, alfalfa, rose hips, vanillin.

**DIRECTIONS:** As a dietary supplement, take 1 tablet daily. Mfg. in an FDA Registered Facility using Good Manufacturing Practices (GMPs)

Distributed by: **Wonder Laboratories**®  
115 S.C.T. Ct., White House, TN 37188 **Made in USA**

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