

955-60
Rev. 7



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CERTIFIED
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MASON  natural[®]
EST. 1967

DAILY MULTIPLE VITAMINS WITH MINERALS

MAY SUPPORT
GENERAL HEALTH*

60 TABLETS • DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% DV
Vitamin A	1,500 mcg RAE† (5,000 IU) (as retinyl acetate and 10% as beta carotene)	167%
Vitamin C (ascorbic acid)	60 mg	67%
Vitamin D3 (ergocalciferol)	10 mcg (400 IU)	50%
Vitamin E (as dl-alpha tocopheryl acetate)	13.5 mg (30 IU)	90%
Vitamin B1 (as thiamine HCl)	1.5 mg	125%
Riboflavin (vitamin B2)	1.7 mg	131%
Niacin (as niacinamide)	20 mg NE‡	125%
Vitamin B6 (as pyridoxine HCl)	2 mg	118%
Folate	667 mcg **DFE (400 mcg folic acid)	167%
Vitamin B12 (cyanocobalamin)	6 mcg	250%
Biotin	30 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%
Calcium (as dicalcium phosphate)	130 mg	10%
Iron (as ferrous fumarate)	18 mg	100%
Phosphorus (from dicalcium phosphate)	100 mg	8%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	100 mg	24%
Zinc (zinc sulfate)	15 mg	136%
Selenium (sodium yeast)	10 mcg	18%
Copper (copper sulfate)	2 mg	222%
Manganese (as manganese sulfate)	2.5 mg	109%
Chromium (chromium yeast)	10 mcg	29%
Molybdenum (molybdenum yeast)	10 mcg	22%
Potassium (as potassium chloride)	40 mg	1%

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

OTHER INGREDIENTS: Microcrystalline cellulose, hydroxypropyl methylcellulose, croscarmellose sodium, stearic acid, vegetable magnesium stearate, silicon dioxide, glyceryl triacetate, titanium dioxide, FD&C Yellow #5, FD&C Yellow #6, calcium carbonate, <1% tocopherol, maltodextrin, modified starch, sodium alginate, gum acacia, pea starch.

**DFE - Dietary Folate Equivalent. †NE - Niacin Equivalents
‡RAE - Retinol Activity Equivalents

Contains FD&C Yellow No. 5 (tartrazine) as a color additive.

Natural color variation may occur in this product.

DIRECTIONS: Adults - Take one tablet daily, preferably with food, as a dietary supplement.

GUARANTEED NO ADDED: Sugar, Soy, Wheat, Dairy, Fish, Tree Nuts, Peanuts, Egg, Fragrance, Artificial Flavors, Preservatives, Animal Products, Crustacean Shellfish, Sodium Free.

CAUTION: If you are pregnant, nursing, taking any medications or have any medical condition, consult your physician before use. Some supplements may interact with certain medications and/or interfere with certain lab tests. Discontinue use and consult your physician if any adverse reactions occur.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. **Keep this product out of reach of children.** In case of accidental overdose, call a doctor or poison control center immediately.
Poison Control Center 1-800-222-1222

TAMPER-EVIDENT SEAL: Do not use product if seal appears tampered with.

Store in a dry place under controlled room temperature: 20° - 25°C (68° - 77°F).

Manufactured in the USA for:
MASON VITAMINS, INC. Miami Lakes, FL 33014
1-888-860-5376 • www.MasonVitamins.com

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