

swanson.com
or call 1-800-437-4148

- 19 vitamins and minerals per serving
- All-purpose multivitamin with minerals for daily use
- Helps fill dietary gaps for essential vitamins and minerals

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one capsule one to two times per day with food and water.

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.

WARNINGS: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication, or have a medical condition.

Do not use if seal is broken. Store in a cool, dry place.

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.

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SWANSON[®]

Multi and Mineral

Balanced Formula for Daily Support

DAILY

DIETARY SUPPLEMENT | 100 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Vitamin A.....3,000 mcg RAE	333%
(as palmitate and beta-carotene)	
Vitamin C (from calcium ascorbate).....200 mg	222%
Vitamin D (as cholecalciferol).....10 mcg	50%
Vitamin E (as d-alpha tocopheryl succinate). 10 mg	67%
Thiamin (from thiamine mononitrate).....10 mg	833%
(vitamin B-1)	
Riboflavin (vitamin B-2).....10 mg	769%
Niacin.....100 mg NE	625%
Vitamin B-6 (from pyridoxine HCl).....5 mg	294%
Folate.....665 mcg DFE	166%
(400 mcg folic acid)	
Vitamin B-12 (from cyanocobalamin).....5 mcg	208%
Pantothenic Acid.....20 mg	400%
(from d-calcium pantothenate)	
Calcium (from calcium carbonate).....150 mg	12%
and ascorbate)	
Iron (from ferrous sulfate).....12 mg	67%
Iodine (from kelp).....150 mcg	100%
Magnesium (from magnesium oxide).....32.5 mg	8%
Zinc (from zinc sulfate).....15 mg	136%
Selenium.....200 mcg	364%
(from selenium amino acid complex)	
Copper (from copper sulfate).....2 mg	222%
Manganese (from manganese sulfate).....1 mg	43%

Other ingredients: Gelatin, brown rice flour, maltodextrin, modified cornstarch, magnesium stearate, acacia gum, sucrose, microcrystalline cellulose (plant fiber), dl-alpha tocopherol, hydroxypropyl methylcellulose, sodium ascorbate, medium-chain triglycerides, silica.

Contains shellfish [kelp (shrimp, crab, lobster)].

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