



Multivitamins & Iron

USES & BENEFITS

Vitamin and Iron deficiencies



NUTRITIONAL INFORMATION

One tablet typically provides;		%NRV
Vitamin A	800.0ug RE	100
Vitamin D	5.0ug	100
Vitamin E	7.0mg αTE	58
Vitamin C	80.0mg	100
Thiamin (B1)	1.1mg	100
Pantothenic Acid (B5)	6.0mg	100
Iron	14.0mg	100

RE = Retinol Equivalents

αTE = alpha Tocopherol Equivalents

SUGGESTED USE

Adults; Swallow **one (1) tablet** per day with food. **Or** As directed by your health professional or pharmacist

VEGETARIAN

YES

AVAILABLE SKUs

30,60,90 tablets

Vitameen Multi Vitamins and Iron One a Day Tablets contain a multi-vitamin and mineral formula that provides 100% of the nutrient reference value (NRV) of nutritional support for adults in a convenient and economical one-a-day caplet.

Vitameen Multivitamin and Iron is formulated to support: heart health, healthy blood pressure, immune health, healthy muscle function, and physical energy by helping convert food to fuel. Vitamins A, D & C, Pantothenic Acid & Iron all contribute to normal function of the immune system.

Vitameen Multivitamins are free of gluten, wheat, dairy, artificial colors, and artificial sweeteners.

STORAGE INSTRUCTIONS

Store in a cool dry place, between **15°-30°** and relative humidity between **35-60%**

WARNING

This product contains iron, which if taken in excess may be harmful to very young children.

Keep out of the reach of children. Consult with your physician before using this product if you are pregnant or lactating have a known medical condition or are taking medications.