

**MG MASON'S GUARANTEE**

This product has been manufactured and packaged in strict conformance with industry and government standards.

**FOIL - TAMPER RESISTANT SEAL**  
If printed heat induced seal appears to be tampered with, do not use product.

**Directions:** One capsule daily as a dietary supplement, preferably with a meal.

**Warnings:** Children, women who may become pregnant, and pregnant women should not use more than 10,000 iu per day of vitamin A except on the advice of a physician.

**Keep Out of the Reach of Children.**  
Store in a dry, controlled room environment.

Manufactured in the USA for:  
**MASON VITAMINS, INC.**  
Miami Lakes, FL 33014 USA  
Visit us at: [www.masonvitamins.com](http://www.masonvitamins.com)



**MASON natural®**

Multivitamin

**Super Multiple**

**IRON FREE**

**Easy-to Swallow Capsule**

**34 VITAMINS & MINERALS**

DIETARY SUPPLEMENT

**Complete Nutritional Support**

Rich in Folic Acid • No Iron Formula

**60 CAPSULES**

**Supplement Facts**

Serving Size 1 Capsule

| Amount Per Serving % DV   |           |        | Amount Per Serving % DV   |         |     |
|---|-----------|--------|---|---------|-----|
| Vitamin A (as beta carotene)  | 10,000 IU | 200%   | Copper (as copper chelate)  | 1 mg    | 50% |
| Vitamin C (as ascorbic acid and acerola berry)                              | 150 mg    | 250%   | Manganese (as manganese sulfate)  | 1 mg    | 50% |
| Vitamin D (as cholecalciferol)  | 400 IU    | 100%   | Chromium (as chromium chelate)  | 100 mcg | 83% |
| Vitamin E (as dl-alpha tocopheryl acetate and d-alpha tocopherol succinate) | 25 IU     | 83%    | Boron (sodium borate)   | 150 mcg | **  |
| Thiamin(B1)(thiamine mononitrate)   | 25 mg     | 1,667% | Choline (as choline bitartrate)   | 150 mcg | **  |
| Riboflavin (vitamin B-2)  | 25 mg     | 1,471% | Inositol  | 250 mcg | **  |
| Niacin (as niacinamide)   | 100 mg    | 500%   | Liver (defatted)(bovine)  | 50 mg   | **  |
| Vitamin B-6 (as pyridoxine HCl)   | 25 mg     | 1,250% | PABA (para-aminobenzoic acid)   | 25 mcg  | **  |
| Folate (as folic acid)  | 400 mcg   | 100%   | L-Glutamic Acid base  | 25 mg   | **  |
| Vitamin B-12 (as cyanocobalamin)  | 100 mcg   | 1,667% | Rutin   | 25 mg   | **  |
| Biotin  | 30 mcg    | 10%    | Citrus Bioflavonoids (Citrus spp)(whole rind)   | 25 mg   | **  |
| Pantothenic Acid (as calcium pantothenate)                                  | 50 mg     | 500%   | Betaine HCl   | 15 mg   | **  |
| Calcium (as tricalcium phosphate tribasic)                                  | 35 mg     | 4%     | Hesperidin Complex (Citrus spp)(whole rind)   | 5 mg    | **  |
| Iodine (as potassium iodide)  | 75 mcg    | 50%    | L-Lysine HCl  | 5 mg    | **  |
| Magnesium (as magnesium gluconate and magnesium oxide)                      | 10 mg     | <2%    | Acerola (Malpighia glabra)(fruit)   | 5 mg    | **  |
| Zinc (as zinc sulfate)  | 7.5 mg    | 50%    | Super Food Base:  | 2 mg    | **  |
| Selenium (as selenium amino acid chelate)                                   | 70 mcg    | 100%   | Alfalfa (Medicago sativa)(whole plant), Watercress (Nasturtium officinale)(aerial), Parsley (Petroselinum crispum)(leaf), Lecithin (from soybeans)(soya supp)(seed) |         |     |

Other Ingredients: Gelatin (bovine), Modified Cellulose, Whey (containing lactose), Magnesium Stearate and Silicon Dioxide, FD&C Yellow #6 and Titanium Dioxide.

**ALLERGEN CERTIFICATION** This product contains soy and milk.

LOT/EXP. DATE

**1464-60**



GUARANTEED NO ADDED: Sugar, Starch, Sodium, Yeast, Corn, Wheat, Gluten, Egg, Fragrance, Artificial Colors or Flavors and Preservatives.