

**Jarrow**  
FORMULAS®

Multi-Vitamin/Mineral Formula

# Multi 1-to-3

Comprehensive Multi with Lutein  
Iron-Free Mineral Complex

100  
TABLETS

DIETARY  
SUPPLEMENT

EASY  
SOLV®

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product. Store in a cool, dry place.

**USAGE:** Take 1, 2 or 3 tablets per day with meals or as directed by your qualified healthcare professional. Keep out of the reach of children.

## Supplement Facts

Serving Size 3 Tablets  
Servings Per Container 33

	Amount Per Serving	% DV		Amount Per Serving	% DV
Vitamin A (as Retinyl Palmitate)	600 mcg RAE§ (2,000 IU)	70%	Magnesium (as Magnesium Oxide)	300 mg	70%
Vitamin A (as Beta Carotene)	1,500 mcg RAE§ (5,000 IU)	170%	Zinc (as Zinc Monomethionine Complex)	15 mg	140%
Vitamin C (as Calcium Ascorbate)	500 mg	560%	Selenium (as Methyl-L-Selenocysteine)	30 mcg	50%
Vitamin D <sub>3</sub> (Cholecalciferol)	25 mcg (1,000 IU)	130%	Copper (as Copper Gluconate)	1 mg	110%
Vitamin E (as d-Alpha-Tocopheryl Succinate)	134 mg (200 IU)	890%	Manganese (as Manganese Citrate)	1 mg	45%
Vitamin B <sub>1</sub> (as Thiamine Mononitrate)	50 mg	4,170%	Chromium (from <i>Saccharomyces cerevisiae</i> )	200 mcg	570%
Vitamin B <sub>2</sub> (as Riboflavin)	50 mg	3,850%	Molybdenum (as Sodium Molybdate)	75 mcg	170%
Vitamin B <sub>3</sub> (as Niacin)	50 mg NE*	310%	Potassium (as Potassium Chloride)	99 mg	2%
Vitamin B <sub>3</sub> (as Niacinamide)	50 mg NE*	310%	Choline (as Choline Bitartrate)	48 mg	10%
Vitamin B <sub>6</sub> (as Pyridoxine HCl)	50 mg	2,940%	Inositol	100 mg	††
Folate	667 mcg DFE† (400 mcg Folic Acid)	170%	Organic Ginger Root ( <i>Zingiber officinale</i> )	50 mg	††
Vitamin B <sub>12</sub> (as Methylcobalamin)	50 mcg	2,080%	Lutein (from Marigold Petal) ( <i>Tagetes erecta</i> )	3 mg	††
Biotin	300 mcg	1,000%	Zeaxanthin (from Marigold Petal) ( <i>Tagetes erecta</i> )	600 mcg	††
Pantothenic Acid (as Calcium D-Pantothenate)	100 mg	2,000%			
Calcium	500 mg	40%			
(as Calcium Malate)	225 mg	25% DV			
(as Calcium Citrate)	225 mg	25% DV			
(as Calcium Ascorbate)	50 mg	5% DV			
Iodine (from Kelp)	150 mcg	100%			

Other Ingredients: Cellulose, stearic acid (vegetable source), magnesium stearate (vegetable source), silicon dioxide, natural flavor, calcium phosphate and a food-grade coating.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Lot #. Best Used Before:

Distributed Exclusively by:  
**Jarrow FORMULAS®**  
Superior Nutrition and Formulation™  
P.O. Box 35994  
Los Angeles, CA 90035-4317  
[www.Jarrow.com](http://www.Jarrow.com)

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