

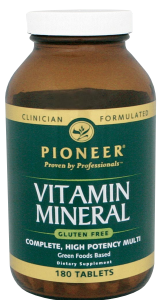
"Which PIONEER® Multi Vitamin/Mineral is Best for Me?"

(See reverse side for detailed ingredient facts.)

- VERIFIED GLUTEN-FREE
- HIGHEST QUALITY INGREDIENTS
- FREE OF COMMON ALLERGENS
- WHOLE FOOD BASED
Ingredients are rigorously screened for heavy metals, pesticides, herbicides and fungicides.

1 Vitamin Mineral

- **Up to 6 tablets/day.** Versatile daily serving sizes suit age, stress & activity levels and overall health needs. *Take up to 6 tablets daily in divided servings with meals.*
- **Our most complete multiple.** Provides superior bioavailability nutrients and supportive co-factors.
- Potent amounts of free-radical fighting antioxidants: vitamins A, C & E, beta carotene, selenium, zinc.
- Multiple forms and sources of ingredients help accommodate varied nutrient absorption abilities.
- At 6/day, offers levels of nutrients often taken separately (400 IU vit. E, 400 IU vit. D3, 1000 mg vit. C, etc.) and *meaningful levels calcium & magnesium.*



- PLUS: bromelain, papain, citrus bioflavonoids, B co-enzymes & more!
- **Whole food based with Green Foods** (*Hawaiian spirulina, broken cell chlorella*) and our exclusive trace mineral complex **sea vegetable blend (3:3:3:1 Dulse:Hijiki:Bladderwrack:Kelp)**.

2 1+ Vitamin Mineral TABS I+I Vitamin Mineral CAPS

2A IRON-FREE 1+ VM & I+I VM

- **Choose 1 tablet OR 2 veg. capsules, once OR twice daily!** (Potency of 1 tablet = 2 capsules)
- **Offers the convenience of fewer pills per day.** What's the "plus" in 1+? You decide! Take *one* tablet (or 2 capsules) per day OR *double up* with a second serving for increased nutritional benefits.
- **100% Vegetarian!**
- **Iron-Free version** available for those who wish to restrict iron intake.
- Formula similar to **Vitamin Mineral**, but with **100% vegetarian ingredients and more modest potencies.** NOTE: As with most 1/day vitamins, **1+ VM and I+I VM** contain *low levels of calcium and magnesium.* Complement these formulas with one of PIONEER's three excellent **Cal/Mag** products.

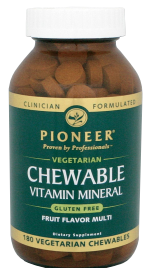


- **Whole food based** with 200 mg **Green Foods** (1:1 *Hawaiian spirulina: broken cell chlorella*) and our exclusive **sea vegetable blend** (*as in Vitamin Mineral at left*)

3 Chewable Vitamin Mineral

3A IRON-FREE Chewable VM

- **Take 2 chewable tablets up to three times daily.** Adjust daily servings for different ages and nutritional needs.
- **Perfect for adults, seniors and anyone who may have difficulty swallowing tablets or capsules.**
- **100% Vegetarian!**
- **Iron-Free version** available for those who wish to restrict iron intake.
- **Delicious sweet/tart taste** from pure fruits and natural flavors. Sweetened with fructose.
- Among the highest potency chewable multivitamin/mineral formulas available! Includes *significant levels of calcium and magnesium.*
- **Whole food based** with kelp and our exclusive **Antioxidant Fruit and Vegetable Blend!**



1 Vitamin Mineral

Bottles of
**90 & 180
TABLETS**

Flexible Daily Serving System

- 6 TABLETS: Superior Adult Nutrition, High-Stress Lifestyle, Sports and Fitness
- 2-4 TABLETS: Supplement to a Good Natural Diet

THIS PRODUCT IS INDEPENDENTLY VERIFIED GLUTEN-FREE. It contains no added artificial preservatives, colors or flavors and undergoes a rigorous heavy metal screening process.

DIRECTIONS: Take two tablets with food, up to 3 times daily.

Ingredient Facts** Serving Size: 6 tablets	AMOUNT PER SERVING 6 TABLETS		AMOUNT PER 2 TABLETS	
	PER SERVING	%DV	PER SERVING	%DV
Vitamin A (40% as mixed carotenoids from <i>D. salina</i> , spirulina & chlorella, 40% as beta carotene, 20% as retinyl palmitate)	25,000IU	.500%	8,333IU	167%
Vitamin C (4:1 ascorbic acid: potassium ascorbate)	1000mg	1667%	334mg	557%
Vitamin D3 (cholecalciferol)	400IU	100%	134IU	34%
Vitamin E (d-alpha tocopheryl succinate)	400IU	1333%	134IU	447%
Vitamin K (phytonadione)	60mcg	75%	20mcg	25%
Thiamine (as thiamine HCl)[B1]	75mg	5000%	25mg	1667%
Riboflavin (4:1 riboflavin: riboflavin 5' phosphate)	50mg	2941%	17mg	1000%
Niacin (2:1 niacinamide:niacin)	150mg	750%	50mg	250%
Vitamin B6 (5:1 pyridoxine HCl: pyridoxal 5' phosphate)	75mg	3750%	25mg	1250%
Folic Acid	800mcg	200%	267mcg	67%
Vitamin B12 (methylcobalamin)	400mcg	6667%	134mcg	2233%
Biotin	300mcg	100%	100mcg	33%
Pantothenic Acid (d-calcium pantothenate)	500mg	5000%	167mg	1670%
Calcium (1:1:1 citrate:malate: carbonate)	800mg	80%	267mg	27%
Iron (4:1:1 fumarate: citrate: glycinate)	8mg	44%	2.7mg	15%
Iodine (as potassium iodide and sea vegetation)	150mcg	100%	50mcg	33%
Magnesium (2:1 aspartate: oxide)	500mg	125%	167mg	42%
Zinc (1:1:1 lysinate: picolinate: methionine)	30mg	200%	10mg	67%
Selenium (selenomethionine)	200mcg	285%	67mcg	96%
Copper (1:1 AACT: glycinate)	2mg	100%	0.7mg	35%
Manganese (1:1 AACT: aspartate)	10mg	500%	3.4mg	170%
Chromium (4:4:1 nicotinate: picolinate: glutathione)	300mcg	250%	100mcg	83%
Molybdenum (1:1 citrate complex: AACT)	200mcg	267%	67mcg	89%
Potassium (ascorbate)	45mg	1%	15mg	<1%
Boron (1:1 citrate: glycinate)	2mg	*	0.7mg	*
Vanadium (1:1 aspartate: AACT)	50mcg	*	17mcg	*
Choline (bitartrate)	150mg	*	50mg	*
Inositol	150mg	*	50mg	*
Citrus Bioflavonoid Complex (50% bioflavonoids)	200mg	*	67mg	*
Hesperidin/Rutin Complex 1:1	40mg	*	13.4mg	*
Horsetail Equisetum arvense Herb Extract (standardized to 10% silica)	100mg	*	34mg	*
Trace Mineral Complex (from sea vegetation 3:3:3:1 Dulse: Wakame: Bladderwrack: Kelp)	100mg	*	34mg	*
Spirulina (Hawaiian)	100 mg	*	34 mg	*
Chlorella (broken cell)	100 mg	*	34 mg	*
Betaine Hydrochloride	150 mg	*	50 mg	*
Bromelain (from pineapple)	50 mg	*	16.7 mg	*
Papain (from papaya)	50 mg	*	16.7 mg	*

* Daily Value (DV) not established. †AAc = amino acid chelate

Other ingredients: cellulose, vegetable stearic acid, maltodextrin (carrier), gelatin (carrier), silica, pure vanilla and other natural flavors. 1.08

2 I+ Vitamin Mineral TABS I+I Vitamin Mineral CAPS

2A IRON-FREE I+ VM & I+I VM

Bottles of
**60 & 120
TABLETS** or
**VEGETARIAN
CAPSULES**

Flexible Daily Serving System

- 1 TABLET or 2 CAPSULES:
- 1x DAILY: General Health Maintenance
- 2x DAILY: Increased Nutritional Needs, High-Stress Lifestyle, Sports & Fitness

THIS PRODUCT IS INDEPENDENTLY VERIFIED GLUTEN-FREE. It contains no added artificial preservatives, colors or flavors and undergoes a rigorous heavy metal screening process.

DIRECTIONS: Take 1 tablet or 2 capsules with food, once or twice daily.

Ingredient Facts** Serving Size: 1 tablet/2 capsules	AMOUNT PER SERVING		%DV
	PER SERVING	%DV	
Vitamin A (100% as natural beta carotene and mixed carotenoids from <i>B. trispora</i> , spirulina and chlorella)	10,000IU	.200%	
Vitamin C (calcium, magnesium and potassium ascorbates)	200mg	333%	
Vitamin D2 (ergocalciferol)	300IU	75%	
Vitamin E (d-alpha tocopheryl succinate)	100IU	333%	
Vitamin K (phytonadione)	50mcg	63%	
Thiamine (as thiamine HCl)[B1]	20mg	1333%	
Riboflavin (5:1 riboflavin: riboflavin 5' phosphate)[B2]	20mg	1176%	
Niacin (1:1 niacin: niacinamide)	50mg	250%	
Vitamin B6 (5:1 pyridoxine HCl: pyridoxal 5' phosphate)	20mg	1000%	
Folic Acid	400mcg	100%	
Vitamin B12 (5:1 methylcobalamin: coenzyme B12)	100mcg	1667%	
Biotin	150mcg	50%	
Pantothenic Acid (d-calcium pantothenate)	75mg	750%	
Calcium (4:1:1 ascorbate: citrate: malate)	15mg	2%	
Iron (4:1:1 fumarate: citrate: glycinate) [0 mg Iron-Free]	4mg	22%	
Iodine (as sea vegetation)	25mcg	17%	
Magnesium (2:1 ascorbate: aspartate)	15mg	4%	
Zinc (1:1:1 lysinate: picolinate: methionine)	15mg	100%	
Selenium (selenomethionine)	75mcg	107%	
Copper (1:1 glycinate: AACT)	1mg	50%	
Manganese (1:1 AACT: aspartate)	4mg	200%	
Chromium (4:1:1 nicotinate: glutathione: picolinate)	150mcg	125%	
Molybdenum (1:1 citrate: AACT)	100mcg	133%	
Sodium (ascorbate)	10mg	<1%	
Potassium (ascorbate)	10mg	<1%	
Boron (1:1 glycinate: citrate)	1mg	*	
Vanadium (sulfate)	50mcg	*	
Choline (bitartrate)	40mg	*	
Inositol	40mg	*	
Citrus Bioflavonoid Complex (50% bioflavonoids)	100mg	*	
Hesperidin Complex	20mg	*	
Rutin Complex	20mg	*	
Horsetail Equisetum arvense Herb Extract (standardized to 1 mg [10%] silica)	10mg	*	
Trace Mineral Complex (from sea vegetation: 3:3:3:1 Dulse: Wakame: Bladderwrack: Kelp)	50mg	*	
Spirulina (Hawaiian)	100mg	*	
Chlorella (broken cell)	100mg	*	
Betaine Hydrochloride	50mg	*	
Bromelain (from pineapple)	50mg	*	
Papain (from papaya)	25mg	*	

* Daily Value (DV) not established. †AAc = amino acid chelate

Other ingredients: 1+TAB- cellulose, maltodextrin (carrier), stearic acid*, sodium alginate, silica, pea starch, calcium phosphate, pure vanilla and other natural flavors; 1+ICAP - similar except w/veg. capsule (cellulose), *magnesium stearate, no vanilla & flavors 1.08

3 I+ Vitamin Mineral

3A IRON-FREE Chewable VM

Bottles of
**90 & 180
CHEWABLE
TABLETS**

Flexible Daily Serving System

- 2 CHEWABLE TABLETS, UP TO 3X DAILY

THIS PRODUCT IS INDEPENDENTLY VERIFIED GLUTEN-FREE. It contains no added artificial preservatives, colors or flavors and undergoes a rigorous heavy metal screening process. SWEETENED WITH FRUCTOSE.

DIRECTIONS: Take 2 chewable tablets with food, up to 3 times daily.

Ingredient Facts** Serving Size: 2 chewable tablets	PER 6 TABLETS AMOUNT %DV		PER 2 TABLETS AMOUNT %DV	
	AMOUNT	%DV	AMOUNT	%DV
Calories	30		10	
Total Carbohydrate6g	2%†	2g	<1%†
Sugars	6g		2g	
Vitamin A (100% as natural beta carotene and mixed carotenoids from <i>B. trispora</i>)	22,500 IU	450%	7,500 IU	150%
Vitamin C (70% ascorbic acid and 30% sodium ascorbate)	600 mg	1000%	200 mg	333%
Vitamin D2 (ergocalciferol)	400 IU	100%	133 IU	33%
Vitamin E (d-alpha tocopheryl succinate)	150 IU	500%	50 IU	167%
Thiamine (thiamine mononitrate)[B1]	24 mg	1600%	8 mg	533%
Riboflavin [B2]	24 mg	1412%	8 mg	471%
Niacin (75% niacinamide & 25% niacin)	120 mg	600%	40 mg	200%
Vitamin B6 (pyridoxine HCl)	30 mg	1500%	10 mg	500%
Folate (folic acid)	900 mcg	225%	300 mcg	75%
Vitamin B12 (methylcobalamin)	100 mcg	1667%	33 mcg	550%
Biotin	300 mcg	100%	100 mcg	33%
Pantothenic Acid (D-calcium pantothenate)	150 mg	1500%	50 mg	500%
Calcium (carbonate)	600 mg	60%	200 mg	20%
Iron (AA chelate††) [0 mg Iron-Free]	18 mg	100%	6 mg	33%
Iodine (as kelp and potassium iodide)	150 mcg	100%	50 mcg	33%
Magnesium (oxide)	300 mg	75%	100 mg	25%
Zinc (citrate)	24 mg	160%	8 mg	53%
Selenium (AA chelate††)	120 mcg	171%	40 mcg	57%
Copper (citrate)	1.8 mg	90%	0.6 mg	30%
Manganese (citrate)	7.5 mg	375%	2.5 mg	125%
Chromium (AA chelate††)	225 mcg	188%	75 mcg	63%
Molybdenum (sodium molybdate)	30 mcg	40%	10 mcg	13%
Sodium	30 mg	1%	10 mg	<1%
Potassium (citrate)	99 mg	2.8%	33 mg	<1%
Antioxidant Fruit and Vegetable Blend (carrot, orange**, spinach, tomato, broccoli, cauliflower, kale, pineapple, apple, blueberry, strawberry**, white tea extract, rosemary, cranberry juice, elderberry [<i>Sambucus nigra</i>], blackberry juice, raspberry)	270 mg	*	90 mg	*
Boron (AA chelate††)	3 mg	*	1 mg	*
Vanadium (vanadyl sulfate)	99 mcg	*	33 mcg	*
Choline (bitartrate)	75 mg	*	25 mg	*
Citrus Bioflavonoid Complex	60 mg	*	20 mg	*
Horsetail Equisetum arvense Herb Extract (standardized to 6.3% silica)	2.4 mg	*	0.8 mg	*
Trace Mineral Complex (as sea vegetation: <i>Lithothamnion</i> spp.)	150 mg	*	50 mg	*
Inositol	75 mg	*	25 mg	*

† Percent Daily Value based on a 2000 calorie diet
* Daily Value not established **as fruit and juice ††Amino Acid Chelate

Other ingredients: fructose, cellulose, vegetable stearic acid, natural fruit flavors with other natural flavors (including coconut), mono and diglycerides (B vitamin coating), citric acid, sodium alginate, vegetable magnesium stearate, silica, malic acid and fruit/vegetable complex. 1.08

Item: 8132187 1.08



** Note: Some ingredient details may be abbreviated on actual product labels.