

SUGGESTED USE: As a dietary supplement for adults, take one (1) vegetable capsule daily, preferably with a meal or as directed by a healthcare practitioner.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

Carefully Manufactured by:
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SOLGB72810 02C



VITAMINS ONLY

OVERALL WELL BEING*

NON-GMO
GLUTEN, WHEAT & DAIRY FREE



90 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving		%DV
Vitamin A	1,531 mcg (as palmitate 750 mcg, 50% [781 mcg] as natural beta-carotene)	170%
Vitamin C	250 mg (as L-ascorbic acid)	278%
Vitamin D	10 mcg (as cholecalciferol)	50%
Vitamin E	100 mg (as d-alpha tocopheryl acid succinate)	667%
Thiamin	50 mg (as thiamin mononitrate)	4,167%
Riboflavin	50 mg	3,846%
Niacin (as niacinamide)	50 mg	313%

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate, Silica.

FREE OF: Gluten, Wheat, Dairy, Yeast, Sugar, Sodium, Artificial Flavor, Sweeteners, Preservatives and Color.

Amount Per Serving		%DV
Vitamin B6	50 mg (as pyridoxine HCl)	2,941%
Folate	666 mcg DFE (400 mcg folic acid)	167%
Vitamin B12	50 mcg (as cobalamin)	2,083%
Biotin	50 mcg	167%
Pantothenic Acid	50 mcg (as D-Ca pantothenate)	1,000%
Choline	21 mg (as choline bitartrate)	4%
Inositol	50 mg	**
Mixed Carotenoids	29 mcg (alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	**

**Daily Value (DV) not established

