

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

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

† U.S. patent No.'s 6,706,904 and 6,716,814 are licensed by Albion International, Inc.

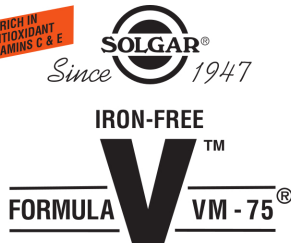
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SOLGAR, INC., 500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.

**RICH IN
ANTIOXIDANT
VITAMINS C & E**



**MULTIPLE VITAMINS
WITH
CHELATED MINERALS
DIETARY SUPPLEMENT**

**180 TABLETS
SUITABLE FOR VEGANS
GLUTEN, WHEAT & DAIRY FREE**



Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A.....7500 IU.....150%		Iodine (from kelp).....150 mcg.....100%		Inositol.....75 mg.....*	
(as natural beta-carotene)		Magnesium.....10 mg.....3%		Choline.....31 mg.....*	
Vitamin C.....250 mg.....417%		(as glycinate amino acid chelate†, magnesium oxide)		(as choline bitartrate)	
(as niacinamide ascorbate, L-ascorbic acid)		Zinc.....10 mg.....67%		Rutin.....37.5 mg.....*	
Vitamin D (as ergocalciferol).....400 IU.....100%		(as glycinate amino acid chelate†, zinc oxide)		Citrus Bioflavonoid Complex.....25 mg.....*	
Vitamin E.....150 IU.....500%		Selenium.....25 mcg.....36%		Betaine HCl.....25 mg.....*	
(as d-alpha-tocopheryl succinate)		(as L-selenomethionine)		Hesperidin.....8.5 mg.....*	
Thiamin.....75 mg.....5000%		Copper.....1 mg.....50%		Boron.....0.5 mg.....*	
(as thiamin mononitrate)		(as glycinate amino acid chelate†)		(as boron amino acid complex†)	
Riboflavin.....75 mg.....4412%		Manganese.....1 mg.....50%		Carotenoid Mix.....86 mcg.....*	
Niacin.....75 mg.....375%		(as glycinate amino acid chelate†)		(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
(as niacinamide ascorbate)		Chromium.....25 mcg.....21%		Powdered Blend.....4 mg.....*	
Vitamin B6 (as pyridoxine HCl).....75 mg.....3750%		(as chromium nicotinate amino acid chelate†)		(Alfalfa [leaf and stem], Acerola Complex [fruit], Parsley [leaf and stem], Rose Hips [fruit], Watercress [leaf])	
Folic Acid.....400 mcg.....100%		Molybdenum.....25 mcg.....33%			
Vitamin B12 (as cobalamin).....75 mcg.....1250%		(as glycinate amino acid chelate†)			
Biotin.....75 mcg.....25%		Potassium.....1.8 mg.....<1%			
Pantothenic Acid.....75 mg.....750%		(as potassium amino acid complex†)			
(as d-calcium pantothenate)					
Calcium.....20 mg.....2%					
(as calcium carbonate, amino acid chelate†)					

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Titanium Dioxide (color), Vegetable Magnesium Stearate, Vegetable Glycerin, Vegetable Stearic Acid, Red Beet Powder (color), Maltodextrin.

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

