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

Not intended for use by pregnant or nursing women. If you are 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. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if inner seal is missing or damaged.

† US Patent No.'s 6,706,904 and 6,716,814 are licensed by Albion International, Inc.
†† Naturally occurring; therefore amount may vary.
††† Not Genetically Modified, Soy From Nature®

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DIETARY SUPPLEMENT

120 TABLETS

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GLUTEN, WHEAT & DAIRY FREE

CAREFULLY MANUFACTURED BY:
SOLGAR, INC., 500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.

Supplement Facts

Serving Size: 3 Tablets
Servings Per Container: 40

Amount Per Serving	%DV
Calories	10	
Total Carbohydrate	2 g	1%*
Protein	1 g	2%*
Vitamin A (as natural beta-carotene)	4,500 mcg	500%
Vitamin C (as L-ascorbic acid, niacinamide ascorbate)	400 mg	444%
Vitamin D (as ergocalciferol)	10 mcg	50%
Vitamin E (as D-alpha-tocopheryl succinate)	268 mg	1,787%
Thiamin (as thiamin mononitrate)	50 mg	4,167%
Riboflavin	50 mg	3,846%
Niacin (as niacinamide ascorbate, niacin)	60 mg	375%
Vitamin B6 (as pyridoxine HCl)	75 mg	4,412%
Folate (800 mcg Folic Acid)	1,333 mcg DFE	333%
Vitamin B12 (as cyanocobalamin)	500 mcg	20,833%
Biotin (as D-biotin)	300 mcg	1,000%
Pantothenic Acid (as D-Ca pantothenate)	80 mg	1,600%
Choline (as choline bitartrate)	100 mg	18%
Calcium (as calcium carbonate, glycinate chelate†, citrate)	400 mg	31%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide, glycinate chelate†, citrate)	400 mg	95%
Zinc (as zinc glycinate chelate†)	50 mg	455%
Selenium (as L-selenomethionine)	200 mcg	364%
Copper (as copper glycinate chelate†)	1.5 mg	167%
Manganese (as manganese glycinate chelate†)	2 mg	87%
Chromium (as chromium nicotinate glycinate chelate†)	200 mcg	571%
Molybdenum (as molybdenum glycinate chelate†)	50 mcg	111%
Sodium††	5 mg	<1%
Potassium (as potassium amino acid complex†)	99 mg	2%
Citrus Bioflavonoid Complex	100 mg	**
Inositol	100 mg	**
Pantethine	7 mg	**
Cocarboxylase	6 mg	**
Pyridoxal-5'-Phosphate	6 mg	**
Riboflavin-5'-Phosphate	6 mg	**
Boron (as Bororganic Glycine†)	250 mcg	**
Eleuthero Extract (4:1) (root) *(Eleutherococcus senticosus)*	25 mg	**
Standardized American Ginseng Extract (root) *(Panax quinquefolius)* (ginsenosides 2.5 mg [10%])	25 mg	**
Standardized Korean Ginseng Extract (root) *(Panax ginseng)* (ginsenosides 2 mg [8%])	25 mg	**
Saw Palmetto Extract (4:1) (berry) *(Serenoa repens)*	25 mg	**
Stinging Nettle Extract (4:1) (leaf) *(Urtica dioica)*	25 mg	**
Pygeum Extract (bark) *(Pygeum africanum)*	25 mg	**
Soy Germ Extract†††	25 mg	**
Sodium Copper Chlorophyllin	4 mg	**
Lycopene (from tomato)	1 mg	**
Carotenoid Mix (alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	172 mcg	**

*Percent Daily Values (DV) are based on a 2,000 calorie diet
**Daily Value (DV) not established

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

Contains soy ingredients.

SUGGESTED USE: As a dietary supplement for adults, take three (3) tablets daily, preferably with a meal or as directed by a healthcare practitioner.

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