

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.

† U.S. Patent No. 5,670,694 and 6,716,614 are licensed by Albion International, Inc.

†† Naturally occurring; therefore amount may vary.

††† Not Genetically Modified. Soy From Nature®

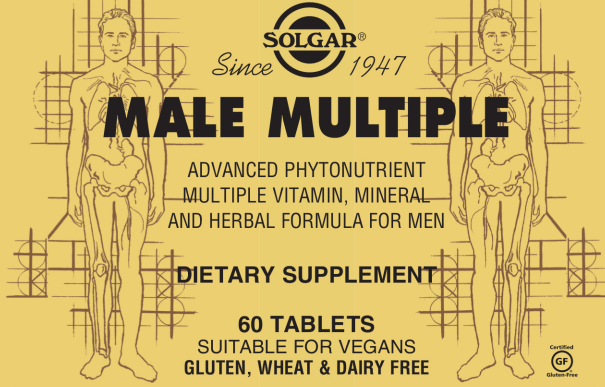
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SOLGB78154 04D

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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: 20

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories.....10		Chromium.....200 mcg.....571%*	
Total Carbohydrate.....2 g.....1%*		(as chromium nicotinate glycinate chelate)	
Protein.....1 g.....2%*		Molybdenum.....50 mcg.....111%*	
Vitamin A.....4,500 mcg.....500%*		(as molybdenum glycinate chelate)	
Vitamin C (as L-ascorbic acid, ascorbate)		Sodium.....5 mg.....<2%*	
.....400 mg.....444%*		(as potassium amino acid complex)	
Vitamin D (as ergocalciferol).....10 mcg.....50%*		Citrus Bioflavonoid Complex.....100 mg.....**	
Vitamin E.....288 mcg.....1,787%*		Isoflavone.....100 mg.....**	
(as D-alpha-tocopheryl succinate)		Coconut Yeast.....7 mg.....**	
.....50 mg.....4,167%*		Phosphorus.....6 mg.....**	
(as thiamin mononitrate)		Riboflavin 5-Phosphate.....6 mg.....**	
Riboflavin.....50 mg.....3,846%*		Boron.....250 mcg.....**	
(as niacinamide ascorbate, niacin)		(as Bororganic Glycinate)	
Vitamin B6.....75 mg.....4,412%*		Eleuthero Extract (4:1).....25 mg.....**	
(as pyridoxine HCl).....1,333 mcg DFE.....333%*		(root) (Eleutherococcus senticosus)	
Folate.....(800 mcg Folic Acid) 500 mcg 20,833%*		Standardized American Ginseng Extract (root) (Panax ginseng).....25 mg.....**	
Vitamin B12.....300 mcg.....1,000%*		Standardized Korean Ginseng Extract (root) (Panax ginseng).....25 mg.....**	
(as cyanocobalamin)		(ginsenosides 2 mg [8%])	
Pantothenic Acid.....80 mg.....1,600%*		Saw Palmetto Extract (4:1).....25 mg.....**	
Choline (as choline bitartrate).....100 mg.....18%*		(berry) (Serenoa repens)	
Calcium.....400 mg.....31%*		Shirataki Nettle Extract (4:1).....25 mg.....**	
(as calcium carbonate, glycinate chelate, citrate)		(root) (Lactuca scariola)	
Iodine.....150 mcg.....100%*		(Pycnogenol)	
(as potassium iodide)		(Pycnogenol africanum)	
Magnesium.....400 mg.....95%*		(Pycnogenol africanum)	
(as magnesium oxide, glycinate chelate, citrate)		Soy Germ Extract†††.....25 mg.....**	
Zinc.....50 mg.....455%*		Sodium Copper Chlorophyllin.....4 mg.....**	
(as zinc glycinate chelate)		Lyopene (from tomato).....1 mg.....**	
Selenium.....200 mcg.....364%*		Cardenolide Mx.....172 mcg.....**	
(as selenomethionine)		(as cardenolide Mx, cardenolide, zearalanin, cryptanthin)	
Copper.....1.5 mg.....167%*			
(as copper glycinate chelate)			
Manganese.....2 mg.....87%*			
(as manganese glycinate chelate)			

*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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