



Since 1947

EARTH SOURCE®

MULTI-NUTRIENT

Providing Whole Food Concentrates
Nature's Energy

DIETARY SUPPLEMENT

3 TABLETS

Suitable for Vegetarians

NOT FOR RETAIL SALE

For more information, call toll-free 1-877-SOLGAR 4 or visit us at www.solgar.com
Carefully Manufactured By: Solgar, Inc., 500 Willow Tree Road Leonia, N.J. 07605 U.S.A.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Supplement Facts

Serving Size 3 Tablets
Servings Per Packet 1

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories..... 15		Citrus Bioflavonoids..... 100 mg	**
Total Carbohydrate..... 3 g	1%	(from orange)	
Dietary Fiber..... 1 g	4%	Dry Wheat Grass Juice..... 100 mg	**
Protein..... 1 g	2%	Dry Sprouted Barley Juice..... 100 mg	**
Vitamin A..... 15,000 IU	300%	Dry Flaxseed Oil..... 100 mg	**
(100% as natural beta-carotene)		Active Herbal Blend..... 112 mg	**
Vitamin C..... 1,000 mg	1667%	(eleuthero [root], ginkgo biloba [leaf], echinacea [root], ginger [root], milk thistle [seed], cayenne [fruit])	
(as calcium ascorbate)		Rutin..... 50 mg	**
Vitamin D..... 400 IU	100%	(from Saphora japonica)	
(as ergocalciferol)		Apple Pectin..... 25 mg	**
Vitamin E..... 250 IU	833%	Inositol..... 25 mg	**
(as D-alpha-tocopheryl succinate)		Oat Bran..... 25 mg	**
Thiamin..... 25 mg	1667%	Quercetin..... 25 mg	**
(as thiamin mononitrate)		(from Saphora japonica)	
Riboflavin..... 25 mg	1470%	Choline..... 21 mg	**
Niacin..... 25 mg	125%	(as choline bitartrate)	
(as niacinamide, niacin)		Betaine HCl (from beets)..... 20 mg	**
Vitamin B6..... 25 mg	1250%	Bromelain..... 20 mg	**
(as pyridoxine HCl)		(from pineapple - 2,000 GDU/g)	
Folic Acid..... 25 mcg	100%	Papain (from papaya)..... 20 mg	**
(as cobalamin)		Dehydrated Garlic Powder (clove)..... 10 mg	**
Biotin..... 50 mcg	17%	Hesperidin complex..... 10 mg	**
Pantoic Acid..... 25 mg	250%	(30% hesperin [3 mg] from orange)	
(as D-Ca pantothenate)		Amylase..... 5 mg	**
Calcium..... 250 mg	25%	L-Glutathione..... 5 mg	**
(as calcium carbonate, calcium citrate)		Lipase..... 5 mg	**
Iron (as iron bisglycinate)..... 18 mg	100%	Carotenoids..... 4 mg	**
Iodine..... 150 mcg	100%	(from spirulina, chlorella)	
(as potassium iodide)		Chlorophyll..... 4 mg	**
Magnesium..... 125 mg	31%	(from spirulina, chlorella)	
(as magnesium oxide, magnesium citrate)		Cellulase..... 2.5 mg	**
Zinc (as zinc picolinate)..... 15 mg	100%	Coccarboxylase..... 2.5 mg	**
Selenium..... 25 mcg	36%	Pantethine..... 2.5 mg	**
(as L-selenomethionine)		Pyridoxal-5-Phosphate..... 2.5 mg	**
Copper..... 0.5 mg	25%	Riboflavin-5-Phosphate..... 2.5 mg	**
(as copper gluconate)		Boron..... 1 mg	**
Manganese..... 4 mg	200%	(as boron amino acid complex)	
(as manganese gluconate)		Carotenoid Mix..... 172 mcg	**
Chromium..... 100 mcg	83%	(alpha-carotene, lutein, zeaxanthin, cryptoxanthin)	
(as chromium picolinate, yeast free)			
Molybdenum..... 50 mcg	67%		
(as molybdenum chelate)			
Sodium ††..... 30 mg	1%		
Potassium..... 50 mg	1%		
(as potassium chloride)			
Spirulina..... 1 g	**		
Dry Cold Pressed Borage Seed Oil..... 50 mg	**		
Dry Cold Pressed Sunflower Seed Oil..... 50 mg	**		
Chlorella..... 100 mg	**		
(from broken cell wall)			

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

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

If you are pregnant, nursing, taking any medication, or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children.
† Unique form of chelated iron (iron bisglycinate) formulated for maximum absorption without gastrointestinal irritation or the constipating effects that often accompany iron supplementation.
Albion process patent Nos. 5,516,962 and 6,716,414 Chelazones. †† Naturally occurring; therefore amount may vary.

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Glycerine, Vegetable Magnesium Stearate, Vegetable Glycerin.

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Solgar's Earth Source Multi-Nutrient Tablets are free of yeast, soy and dairy products and are formulated without the use of artificial preservatives, flavors or colors. No added sugar or starch.
To assure freshness and potency, store at room temperature 59-86°F (15-30°C). Store away from heat, light and moisture.

LOT NO. EXP. DATE: