

SUGGESTED USE: As a dietary supplement for adults, take one (1) tablet 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.

Solgar's Iron-Free Multiple Tablets are free of yeast, wheat, soy, gluten and dairy products and are formulated without the use of artificial preservatives, flavors or colors.

Solgar's Iron-Free Multiple patented mineral chelates are manufactured under license agreements with Albion Laboratories whose patents and pending patents cover the complexing of minerals with pure amino acids.

† Fully reacted, Albion process patent No.'s 5,516,925 and 6,716,814 Chelazomes.

To assure freshness and potency, store at room temperature 59°-86°F (15°-30°C). Store away from heat, light and moisture.

DO NOT USE IF OUTER BOTTLE SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY.

For more information, call toll-free 1-877-SOLGAR 4
www.solgar.com

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IRON-FREE MULTIPLE

DIETARY SUPPLEMENT

60 TABLETS
SUGAR, SALT AND STARCH FREE

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

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories.....	5	Magnesium	5 mg.....1%
Total Carbohydrate.....	<1 g.....<1%*	(as glycinate amino acid chelate†)	
Vitamin A (100% natural beta-carotene).....	10,000 IU.....200%	Zinc (as glycinate amino acid chelate†).....	2 mg.....13%
Vitamin C (as L-ascorbic acid).....	250 mg.....417%	Selenium (as L-selenomethionine).....	10 mcg.....14%
Vitamin D (as cholecalciferol).....	200 IU.....50%	Manganese (as glycinate amino acid chelate†).....	0.5 mg.....25%
Vitamin E (as D-alpha-tocopheryl succinate).....	150 IU.....500%	Chromium (as chromium picolinate).....	10 mcg.....8%
Thiamin (as thiamin mononitrate).....	25 mg.....1667%	Potassium (as glycinate amino acid complex).....	6 mg.....<1%
Riboflavin.....	25 mg.....1471%	Choline (as choline bitartrate).....	25 mg.....**
Niacin (as niacinamide, niacin).....	25 mg.....125%	Inositol (as myo-inositol).....	25 mg.....**
Vitamin B6 (as pyridoxine HCl).....	25 mg.....1250%	Citrus Bioflavonoid Complex.....	25 mg.....**
Folic Acid.....	400 mcg.....100%	Rutin (from <i>Dimorphandra mollis</i> [fruit]).....	25 mg.....**
Vitamin B12 (as cobalamin).....	25 mcg.....417%	Hesperidin.....	5 mg.....**
Biotin (as D-biotin).....	25 mcg.....8%	Carotenoid Mix.....	114 mcg.....**
Pantothenic Acid (as D-Ca pantothenate).....	50 mg.....500%	(alpha-carotene, lutein, zeaxanthin, cryptoxanthin)	
Calcium (as glycinate amino acid chelate†).....	14 mg.....1%		
Iron.....	0 mg.....0%		
Iodine (from kelp).....	150 mcg.....100%		

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

