

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

**90 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	Zinc (as glycinate amino acid chelate†)	2 mg13%
Total Carbohydrate	<1 g<1%*	Selenium (as L-selenomethionine)	10 mcg14%
Vitamin A (100% natural beta-carotene) ...	10,000 IU200%	Manganese (as glycinate amino acid chelate†) ..	0.5 mg25%
Vitamin C (as L-ascorbic acid)	250 mg417%	Chromium (as chromium picolinate)	10 mcg8%
Vitamin D (as cholecalciferol)	200 IU50%	Potassium (as glycinate amino acid complex) ..	6 mg<1%
Vitamin E (as D-alpha-tocopheryl succinate) ..	150 IU500%		
Thiamin (as thiamin mononitrate)	25 mg1667%	Choline (as choline bitartrate)	25 mg**
Riboflavin	25 mg1471%	Inositol (as myo-inositol)	25 mg**
Niacin (as niacinamide, niacin)	25 mg125%	Citrus Bioflavonoid Complex	25 mg**
Vitamin B6 (as pyridoxine HCl)	25 mg1250%	Rutin (from <i>Dimorphandra mollis</i> [fruit]) ..	25 mg**
Folic Acid	400 mcg100%	Hesperidin	5 mg**
Vitamin B12 (as cobalamin)	25 mcg417%	Carotenoid Mix	114 mcg**
Biotin (as D-biotin)	25 mcg8%	(alpha-carotene, lutein, zeaxanthin, cryptoxanthin)	
Pantothenic Acid (as D-Ca pantothenate) ..	50 mg500%		
Calcium (as glycinate amino acid chelate†) ...	14 mg1%		
Iron	0 mg0%		
Iodine (from kelp)	150 mcg100%		
Magnesium	5 mg1%		
(as glycinate amino acid chelate†)			

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

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

