

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.

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.

IMPORTANT INFORMATION: Long term use of high levels of preformed Vitamin A (retinol) may increase the risk of bone fractures. Do not take this product if taking other Vitamin A containing supplements.

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

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



NATURVITE®

MULTIVITAMIN FORMULA WITH MINERALS

DIETARY SUPPLEMENT

180 TABLETS
SUGAR, SALT AND STARCH FREE

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet			%DV	Amount Per Tablet			%DV
Total Carbohydrate	<1 g	<1%*		Magnesium (as magnesium gluconate)	0.4 mg	<1%	
Vitamin A (as palmitate)	2500 IU	50%		Zinc (as zinc gluconate)	0.2 mg	1%	
Vitamin C (as niacinamide ascorbate)	150 mg	250%		Copper (as copper gluconate)	0.04 mg	2%	
Vitamin D (as cholecalciferol)	400 IU	100%		Manganese (as manganese gluconate)	0.7 mg	35%	
Vitamin E (as D-alpha tocopheryl succinate)	25 IU	83%		Potassium	1.6 mg	<1%	
Thiamin (as thiamin mononitrate)	25 mg	1667%		Choline (as choline bitartrate)	62 mg	**	
Riboflavin	25 mg	1471%		Inositol	150 mg	**	
Niacin (as niacinamide ascorbate, niacinamide)	100 mg	500%		Rutin (from <i>Dimorphandra mollis</i> [fruit])	25 mg	**	
Vitamin B6 (as pyridoxine HCl)	25 mg	1250%		Citrus Bioflavonoids	25 mg	**	
Folic Acid	100 mcg	25%		Betaine HCl (from beets)	25 mg	**	
Vitamin B12 (as cobalamin)	250 mcg	4167%		Hesperidin	5 mg	**	
Biotin	20 mcg	7%		Desiccated Liver	50 mg	**	
Pantothenic Acid (as D-Ca pantothenate)	50 mg	500%		L-Lysine HCl	10 mg	**	
Calcium (as calcium oxide from bone meal)	25 mg	3%		Natural Powdered Blend (alfalfa [whole-plant], acerola [berry], kelp [whole-plant], parsley [aerial], rose hips [fruit], watercress [whole-plant]).	16 mg	**	
Iron (as ferrous gluconate)	6 mg	33%					
Phosphorus (as phosphorus oxide from bone meal)	13.5 mg	1%					
Iodine (as potassium iodide)	100 mcg	67%					

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

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

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CAREFULLY MANUFACTURED BY:
SOLGAR VITAMIN AND HERB, LEONIA, N.J. 07605 U.S.A.

