

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. Formulated for adults.

Keep out of reach of children.

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 Solovite Tablets are free of corn, yeast, wheat, soy and dairy products and are formulated without the use of preservatives, artificial flavors or colors.

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

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

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

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

02623US04NO
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VITAMIN AND MINERAL SUPPLEMENT

180 TABLETS
SUGAR, SALT AND STARCH FREE

DAILY REGIMEN

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	5	Iodine (as potassium iodide)	100 mcg 67%
Total Carbohydrate	<1 g <1%*	Magnesium (as magnesium gluconate)	0.4 mg <1%
Vitamin A (as palmitate 2,500 IU 50%, 5,000 IU 100% [2,500 IU] as natural beta-carotene)		Zinc (as zinc gluconate)	0.2 mg 1%
Vitamin C (as L-ascorbic acid)	150 mg 250%	Manganese (as manganese gluconate)	0.7 mg 35%
Vitamin D (as cholecalciferol)	400 IU 100%		
Vitamin E (as D-alpha-tocopheryl succinate)	150 IU 500%	Citrus Bioflavonoids	25 mg **
Thiamin (as thiamin mononitrate)	25 mg 1667%	Betaine HCl (from beets)	25 mg **
Riboflavin	25 mg 1471%	Inositol	25 mg **
Niacin (as niacinamide)	100 mg 500%	Rutin (from <i>Dimorphandra mollis</i> [fruit])	25 mg **
Vitamin B6 (as pyridoxine HCl)	25 mg 1250%	Choline (as choline bitartrate)	10 mg **
Folic Acid	100 mcg 25%	L-Lysine HCl	10 mg **
Vitamin B12 (as cobalamin)	100 mcg 1667%	Hesperidin	5 mg **
Biotin	20 mcg 7%	Carotenoid Mix (alpha-carotene, lutein, zeaxanthin, cryptoxanthin)	29 mcg **
Pantothenic Acid (as D-Ca pantothenate)	50 mg 500%	Natural Powdered Blend (Alfalfa [whole-plant], Acerola [berry], Kelp [whole-plant], Parsley [aerial], Rose Hips [fruit], Watercress [whole-plant])	7 mg **
Calcium (as calcium oxide from bone meal)	32 mg 3%		
Iron	0 mg 0%		
Phosphorus (as phosphorus oxide from bone meal)	13 mg 1%		

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Stearic Acid, Titanium Dioxide, Vegetable Glycerin, Chlorophyll (color), Carnauba Wax.

