

Solgar's Vitamins Only Vegetable Capsules 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.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your doctor if any adverse reactions occur.

Keep out of reach of children.

Solgar's KOF-K certification #K-1250

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



VITAMINS ONLY

DIETARY SUPPLEMENT

180 VEGETABLE CAPSULES
SUGAR, SALT AND STARCH FREE



Supplement Facts

Serving Size 1 Vegetable Capsule

Amount Per Serving	%DV	Amount Per Serving	%DV
Total Carbohydrate	<1 g<1%*	Folic Acid	400 mcg100%
Vitamin A	5,000 IU100%	Vitamin B12	50 mcg.... 833%
(as palmitate 2,500 IU 50%		(as cobalamin)	
[2,500 IU] as natural beta-carotene)		Biotin	50 mcg17%
Vitamin C	250 mg.....417%	Pantothenic Acid	50 mg.... 500%
(as L-ascorbic acid)		(as D-Ca pantothenate)	
Vitamin D	400 IU100%	Inositol.....	50 mg**
(as cholecalciferol)		Choline (as choline bitartrate)....	21 mg**
Vitamin E	150 IU500%	Carotenoid Mix	29 mcg**
(as D-alpha-tocopheryl succinate)		(alpha-carotene, lutein, zeaxanthin, cryptoxanthin)	
Thiamin	50 mg....3333%		
(as thiamin mononitrate)		* Percent Daily Values (DV) are based on a 2,000 calorie diet.	
Riboflavin	50 mg .. 2941%	**Daily Value (DV) not established.	
Niacin (as niacinamide).....	50 mg.....250%		
Vitamin B6.....	50 mg....2500%		
(as pyridoxine HCl)			

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

SUGGESTED USE: As a dietary supplement for adults, take one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner.

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CAREFULLY MANUFACTURED BY:
SOLGAR VITAMIN AND HERB, LEONIA, 500 WILLOW TREE ROAD, N.J. 07605 U.S.A.

