

SUGGESTED USE: As a dietary supplement for adults, take two (2) vegetable capsules 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.

PHENYLKETONURICS: CONTAINS PHENYLALANINE.

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 Multi II Vegetable Capsules are free of yeast, wheat, 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.

† Albion process patent No. 4,599,152 Chelazomes

†† Albion process patent No. 5,292,729 Chelazomes

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



MULTI II VEGETABLE CAPSULES

MULTIVITAMIN AND
CHELATED MINERAL
FORMULATION

DIETARY SUPPLEMENT

90 VEGETABLE CAPSULES
SUGAR, SALT AND STARCH FREE



Supplement Facts

Serving Size 2 Capsules
Servings Per Container 45

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	5	Iodine	150 mcg ...100%	Choline (as choline bitartrate)	21 mg.....**
Total Carbohydrate	<1 g.....<1%*	(as potassium iodide)		Hesperidin	5 mg.....**
Protein	<1 g.....1%*	Magnesium	1.3 mg.....<1%	Carotenoid Mix	29 mcg.....**
Vitamin A	5,000 IU ...100%	(as glycinate amino acid chelate†)		(alpha carotene, lutein, zeaxanthin, cryptoxanthin)	
(as palmitate 2,500 IU, 50% [2,500 IU] as natural beta-carotene)		Zinc	1.5 mg.....10%	Soy Protein Isolate/	
Vitamin C	300 mg ...500%	(as glycinate amino acid chelate†)		Amino Acid Blend	140 mg.....**
(as niacinamide ascorbate)		Selenium (as L-selenomethionine)10 mcg	14%	(L-Glutamic Acid, L-Aspartic Acid, L-Leucine, L-Arginine, L-Lysine, L-Phenylalanine, L-Serine, L-Proline, L-Valine, L-Isoleucine, L-Alanine, Glycine, L-Threonine, L-Tyrosine, L-Histidine, L-Cysteine, L-Methionine, L-Ornithine, Taurine)	
Vitamin D (as cholecalciferol)	400 IU ...100%	Copper (as copper gluconate)	1 mg.....50%	Special Natural	
Vitamin E	150 IU ...500%	Manganese	0.61 mg.....31%	Powdered Blend	20 mg.....**
(as D-alpha-tocopheryl succinate)		(as glycinate amino acid chelate†)		(Alfalfa [whole-plant], Acerola [berry], Kelp [whole-plant], Parsley [aerial], Rose Hips [fruit] and Watercress [whole-plant])	
Thiamin	100 mg .6667%	Chromium	20 mcg.....17%		
(as thiamin mononitrate)		(as niacin amino acid chelate††)			
Riboflavin	100 mg .5882%	Potassium	2 mg.....<1%		
Niacin (as niacinamide ascorbate)100 mg .500%		(as potassium amino acid complex)			
Vitamin B6 (as pyridoxine HCl) ..	100 mg .5000%				
Folic Acid	400 mcg ...100%	Inositol	50 mg.....**		
Vitamin B12 (as cobalamin)	100 mcg .1667%	Betaine HCl	25 mg.....**		
Biotin	50 mcg17%	Citrus			
Pantothenic Acid	100 mg .1000%	Bioflavonoid Complex	25 mg.....**		
(as D-Ca pantothenate)		L-Glutamic Acid	25 mg.....**		
Calcium	18 mg2%	Rutin	25 mg.....**		
(as glycinate amino acid chelate†)					

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



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