

SUGGESTED USE: As a dietary supplement for adults, take two (2) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner.

Solgar's Formula VM-Prime® tablets are free of yeast, wheat, soy, dairy products and gluten 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. Keep out of reach of children.

† & †† Fully reacted chelates, Albion process patent Nos. 4,599,152 (†) and 5,292,729 (††) Chelazomes.

*** Naturally occurring; therefore amount may vary.

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



FORMULA
VM-PRIME®

FOR ADULTS 50+

**IRON-FREE MULTIPLE
VITAMIN AND MINERAL FORMULA
DIETARY SUPPLEMENT**
100 TABLETS
SUITABLE FOR VEGETARIANS
SUGAR AND STARCH FREE

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

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 50

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Calories.....10		Vitamin B12.....100 mcg...1667%		Manganese4 mg....200%	
Total Carbohydrate.....1 g.....<1%*		(as cobalamin)		(as glycinate amino acid chelate†)	
Protein.....1 g.....2%*		Biotin75 mcg.....25%		Chromium.....200 mcg...167%	
Vitamin A5,000 IU.....100%		Pantothenic Acid25 mg.....250%		(as nicotinoglycinate	
(as natural beta-carotene)		(as D-Ca pantothenate)		amino acid chelate††)	
Vitamin C.....250 mg....417%		Calcium64 mg.....6%		Sodium ***10 mg.....<1%	
(as L-ascorbic acid)		(as calcium carbonate,			
Vitamin D.....400 IU.....100%		glycinate amino acid chelate†)		Choline200 mg**	
(as ergocalciferol)		Iron0 mg.....0%		(as choline bitartrate)	
Vitamin E150 IU.....500%		Iodine150 mcg.....100%		Inositol25 mg**	
(as d-alpha-tocopheryl acid succinate)		(as potassium iodide)		Betaine HCl (from beets)...25 mg**	
Thiamin.....25 mg...1667%		Magnesium.....32 mg.....8%		Citrus Bioflavonoids.....25 mg**	
(as thiamin mononitrate)		(as magnesium oxide,		Boron0.5 mg**	
Riboflavin.....25 mg...1471%		glycinate amino acid chelate†)		(as boron citrate)	
Niacin25 mg.....125%		Zinc15 mg....100%		Carotenoid Mix57 mcg**	
(as niacinamide)		(as glycinate amino acid chelate†)		(alpha-carotene, lutein,	
Vitamin B625 mg...1250%		Selenium100 mcg.....143%		zeaxanthin, cryptoxanthin)	
(as pyridoxine HCl)		(as L-selenomethionine)			
Folic Acid400 mcg.....100%		Copper3 mg.....150%			
		(as glycinate amino acid chelate†)			

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Red Beet Powder (color), Vegetable Magnesium Stearate, Vegetable Stearic Acid, Titanium Dioxide, Maltodextrin, Vegetable Glycerin.

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

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