

SUGGESTED USE: As a dietary supplement for adults, take one (1) tablet daily, preferably with a meal or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications, have any medical condition, planning any medical or surgical procedure, or are planning to undergo any clinical lab testing, consult your doctor before use. Some supplements may interact with certain medications and/or interfere with certain lab tests. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

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For more information, call toll-free
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**RICH IN
ANTIOXIDANT
VITAMINS C & E**



IRON-FREE
FORMULA VTM VM-75[®]

**MULTIPLE VITAMINS
WITH
CHELATED MINERALS**
DIETARY SUPPLEMENT

180 TABLETS
SUITABLE FOR VEGANS
GLUTEN, WHEAT & DAIRY FREE



Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A.....2,250 mcg	250%	Choline.....31 mg	6%	Molybdenum.....25 mcg	56%
(as natural beta-carotene)		(as choline bitartrate)		(as glycinate amino acid chelate†)	
Vitamin C.....250 mg	278%	Calcium.....20 mg	2%	Potassium.....1.8 mg	<1%
(as niacinamide ascorbate, L-ascorbic acid)		(as calcium carbonate, amino acid chelate†)		(as potassium amino acid complex†)	
Vitamin D.....10 mcg (400 IU)	50%	Iodine (from kelp).....150 mcg	100%	Inositol.....75 mg	*
(as ergocalciferol)		Magnesium.....10 mg	2%	Rutin.....37.5 mg	*
Vitamin E.....100 mg	667%	(as glycinate amino acid chelate†, magnesium oxide)		Citrus Bioflavonoid Complex.....25 mg	*
(as d-alpha-tocopheryl succinate)		Zinc.....10 mg	91%	Betaine HCl.....25 mg	*
Thiamin.....75 mg	6,250%	(as glycinate amino acid chelate†, zinc oxide)		Hesperidin.....8.5 mg	*
(as thiamin mononitrate)		Selenium.....25 mcg	45%	(as L-selenomethionine)	
Riboflavin.....75 mg	5,769%	Copper.....1 mg	111%	(as glycinate amino acid chelate†)	
Niacin.....75 mg	469%	(as glycinate amino acid chelate†)		Manganese.....1 mg	43%
(as niacinamide ascorbate)		(as L-selenomethionine)		(as chromium nicotinate amino acid chelate†)	
Vitamin B6.....75 mg	4,412%	Folate.....666 mcg DFE	167%	Chromium.....25 mcg	71%
(as pyridoxine HCl)		(400 mcg folic acid)		(as chromium nicotinate amino acid chelate†)	
Vitamin B12.....75 mcg	3,125%	(as cobalamin)		Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Titanium Dioxide (color), Vegetable Magnesium Stearate, Vegetable Glycerin, Vegetable Stearic Acid, Red Beet Powder (color), Maltodextrin.	
Biotin.....75 mcg	250%	Pantothenic Acid.....75 mg	1,500%	FREE OF: Gluten, Wheat, Dairy, Yeast, Sugar, Sodium and Artificial Flavor.	
(as d-calcium pantothenate)					

*Daily Value (DV) not established

CAREFULLY MANUFACTURED BY:
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