

→ PEEL HERE SOLGAR 78129 03C



**RICH IN
ANTIOXIDANT
VITAMINS C & E**

SOLGAR®
Since 1947

IRON-FREE
FORMULA VM-75™

**MULTIPLE VITAMINS
WITH CHELATED MINERALS**
DIETARY SUPPLEMENT
30 TABLETS
SUITABLE FOR VEGETARIANS
GLUTEN, WHEAT & DAIRY FREE



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

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A.....7500 IU.....150%		Copper.....1 mg.....50%	
(as natural beta-carotene)		(as glycinate amino acid chelate)	
Vitamin C.....250 mg.....417%		Manganese.....1 mg.....50%	
(as ascorbic acid)		(as glycinate amino acid chelate)	
Vitamin D.....400 IU.....100%		Chromium.....25 mcg.....21%	
(as ergocalciferol)		(as chromium nicotinate amino acid chelate)	
Vitamin E.....150 IU.....500%		Molybdenum.....25 mcg.....33%	
(as d-alpha tocopheryl succinate)		(as glycinate amino acid chelate)	
Thiamin.....75 mg.....5000%		Potassium.....1.8 mg.....<1%	
(as thiamin mononitrate)		(as potassium amino acid complex)	
Riboflavin.....75 mg.....4412%		Inositol.....75 mg.....*	
Niacin.....75 mg.....375%		(as choline bitartrate)	
(as niacinamide ascorbate)		Rutin.....37.5 mg.....*	
(as pyridoxine HCl)		Citrus Bioflavonoid Complex.....25 mg.....*	
Vitamin B6.....75 mg.....3750%		Biotin.....75 mcg.....25%	
Folic Acid.....400 mcg.....100%		Pantothenic Acid.....75 mg.....750%	
(as cobalamin)		(as d-calcium pantothenate)	
Vitamin B12.....75 mcg.....1250%		Calcium.....20 mg.....2%	
(as cobalamin)		(as calcium carbonate, amino acid chelate)	
Biotin.....75 mcg.....25%		Iodine.....150 mcg.....100%	
Pantothenic Acid.....75 mg.....750%		(from kelp)	
(as d-calcium pantothenate)		Magnesium.....10 mg.....3%	
Calcium.....20 mg.....2%		(as glycinate amino acid chelate)	
(as calcium carbonate, amino acid chelate)		Zinc.....10 mg.....67%	
Iodine.....150 mcg.....100%		(as zinc glycinate chelate)	
(from kelp)		Selenium.....55 mcg.....96%	
Magnesium.....10 mg.....3%		(as L-selenomethionine)	
(as glycinate amino acid chelate)		Other.....*	
Zinc.....10 mg.....67%		(as zinc glycinate chelate)	
(as zinc glycinate chelate)			
Selenium.....55 mcg.....96%			
(as L-selenomethionine)			

*Daily Value (DV) not established
Other: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Titanium Dioxide (color), Vegetable Magnesium Stearate, Vegetable Glycerin, Vegetable Stearic Acid, Red Beet Powder (color), Maltodextrin.

STOP PEELING HERE

For more information, call toll-free 1-877-SOLGAR 4
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Solgar's KOF-K certification #K-1250
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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, planning any medical or surgical procedure or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. 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 neck seal is missing or damaged.

FREE OF: Gluten, Wheat, Dairy, Yeast, Sugar, Sodium, Artificial Flavor and Preservatives.