



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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**RICH IN
ANTIOXIDANT
VITAMINS C & E**



**MULTIPLE VITAMINS
WITH CHELATED MINERALS**

DIETARY SUPPLEMENT

60 TABLETS

SUITABLE FOR VEGANS

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	Amount Per Serving	%DV
Vitamin A.....2,250 mcg 250%		Calcium 20 mg 2%		Potassium 1.8 mg<1%	
(as natural beta-carotene)		(as calcium carbonate, amino acid chelate†)		(as potassium amino acid complex†)	
Vitamin C.....250 mg 278%		Iodine (from kelp).....150 mcg...100%		Inositol.....75 mg.....*	
(as niacinamide ascorbate, L-ascorbic acid)		Magnesium 10 mg 2%		Rutin.....37.5 mg.....*	
Vitamin D 10 mcg (400 IU) 50%		(as glycinate amino acid chelate†, magnesium oxide)		Citrus Bioflavonoid Complex.....25 mg.....*	
(as ergocalciferol)		Zinc.....10 mg 91%		Betaine HCl.....25 mg.....*	
Vitamin E 100 mg 667%		(as glycinate amino acid chelate†, zinc oxide)		Hesperidin.....8.5 mg.....*	
(as d-alpha-tocopheryl succinate)		Selenium 25 mcg 45%		Powdered Blend.....4 mg.....*	
Thiamin (as thiamin mononitrate) ...75 mg...6,250%		(as L-selenomethionine)		(Alfalfa [leaf and stem],	
Riboflavin 75 mg ...5,769%		Copper 1 mg 111%		Acerola Complex [fruit],	
Niacin 75 mg 469%		(as glycinate amino acid chelate†)		Parsley [leaf and stem],	
(as niacinamide ascorbate)		Manganese.....1 mg 43%		Rose Hips [fruit],	
Vitamin B6 (as pyridoxine HCl) .75 mg...4,412%		(as glycinate amino acid chelate†)		Watercress [leaf])	
Folate 666 mcg DFE 167%		Chromium 25 mcg.....71%		Boron.....0.5 mg.....*	
(400 mcg folic acid)		(as chromium nicotinate amino acid chelate†)		(as boron amino acid complex†)	
Vitamin B12 (as cobalamin) 75 mcg .3,125%		Molybdenum 25 mcg.....56%		Carotenoid Mix.....86 mcg.....*	
Biotin 75 mcg 250%		(as glycinate amino acid chelate†)		(alpha and beta-carotene,	
Pantothenic Acid.....75 mcg...1,500%				lutein, zeaxanthin, cryptoxanthin)	
(as d-calcium pantothenate)					
Choline (as choline bitartrate)...31 mg 6%					

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

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

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