

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

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

†Albion® is a registered trademark of Albion Laboratories.

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**RICH IN
ANTIOXIDANT
VITAMINS C & E**



Since 1947

IRON-FREE
FORMULA VTM VM-75[®]

**MULTIPLE VITAMINS
WITH CHELATED MINERALS
DIETARY SUPPLEMENT
90 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 mcg250% (as natural beta-carotene)		Biotin75 mcg.....250%		Molybdenum25 mcg.....56% (as glycinate amino acid chelate†)	
Vitamin C.....250 mg.....278% (as niacinamide ascorbate, L-ascorbic acid)		Pantothenic Acid75 mg.....1,500% (as d-calcium pantothenate)		Potassium1.8 mg<1% (as potassium amino acid complex†)	
Vitamin D10 mcg (400 IU).....50% (as ergocalciferol)		Choline (as choline bitartrate) ...31 mg6%		Inositol.....75 mg.....*	
Vitamin E.....100 mg.....667% (as d-alpha-tocopheryl succinate)		Calcium.....20 mg.....2% (as calcium carbonate, amino acid chelate†)		Rutin.....37.5 mg.....*	
Thiamin.....75 mg.....6,250% (as thiamin mononitrate)		Iodine (from kelp)150 mcg100%		Citrus Bioflavonoid Complex.....25 mg.....*	
Riboflavin.....75 mg.....5,769%		Magnesium10 mg2% (as glycinate amino acid chelate†, magnesium oxide)		Betaine HCl.....25 mg.....*	
Niacin75 mg.....469% (as niacinamide ascorbate)		Zinc10 mg.....91% (as glycinate amino acid chelate†, zinc oxide)		Hesperidin8.5 mg.....*	
Vitamin B675 mg.....4,412% (as pyridoxine HCl)		Selenium25 mcg45% (as L-selenomethionine)		Powdered Blend.....4 mg.....* (Alfalfa [leaf and stem], Acerola Complex [fruit], Parsley [leaf and stem], Rose Hips [fruit], Watercress [leaf])	
Folate666 mcg DFE.....167% (400 mcg folic acid)		Copper1 mg111% (as glycinate amino acid chelate†)		Boron0.5 mg.....* (as boron amino acid complex†)	
Vitamin B1275 mcg...3,125% (as cobalamin)		Manganese1 mg43% (as glycinate amino acid chelate†)		Carotenoid Mix.....86 mcg.....* (alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
		Chromium25 mcg71% (as chromium nicotinate amino acid chelate†)			

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



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