

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 inner seal is missing or damaged.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or Poison Control Center immediately.

Solgar's KOF-K certification #K-1250

† Albion® is a registered trademark of Albion Laboratories.

†† Some iron supplements cause gastrointestinal irritation and constipating effects. This unique form of chelated iron (iron bisglycinate) is formulated for enhanced absorption and is gentle on your system. Albion® is a registered trademark of Albion Laboratories.

For more information, call toll-free
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Prod 1181

14-01181X3S

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Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A.....2,250 mcg (as natural beta-carotene)	250%	Zinc.....10 mcg (as glycinate amino acid chelate†, zinc oxide)	91%
Vitamin C.....250 mg (as ascorbic acid)	278%	Selenium.....25 mcg (as L-selenomethionine)	45%
Vitamin D.....10 mcg (400 IU) (as ergocalciferol)	50%	Copper.....1 mg (as glycinate amino acid chelate†)	111%
Vitamin E.....100 mg (as d-alpha tocopheryl succinate)	667%	Manganese.....1 mg (as glycinate amino acid chelate†)	43%
Thiamin.....75 mg (as thiamin mononitrate)	6,250%	Chromium.....25 mcg (as chromium nicotinate amino acid chelate†)	71%
Riboflavin.....75 mg (as niacinamide ascorbate)	5,769%	Molybdenum.....25 mcg (as glycinate amino acid chelate†)	56%
Niacin.....75 mg (as pyridoxine HCl)	469%	Potassium.....1.8 mg (as potassium amino acid complex†)	<1%
Vitamin B6.....75 mg (as pyridoxine HCl)	4,412%	Inositol.....75 mg	*
Folate.....666 mcg DFE (400 mcg folic acid)	167%	Rutin.....37.5 mg	*
Vitamin B12.....75 mcg (as cyanocobalamin)	3,125%	Citrus Bioflavonoid.....25 mg	*
Biotin.....75 mcg	250%	Complex	*
Pantothenic Acid.....75 mg (as d-calcium pantothenate)	1,500%	Betaine HCl.....25 mg	*
Choline.....31 mg (as choline bitartrate)	6%	Hesperidin......85 mg	*
Calcium.....20 mg (as calcium carbonate amino acid chelate†)	2%	Powdered Blend (Alitalia [leaf and stem], Acerola Complex [fruit], Parsley [leaf and stem], Rose Hips [fruit], Watercress [leaf])	*
Iron.....1.3 mg (as iron bisglycinate chelate††)	7%	Boron......05 mg	*
Iodine.....150 mcg (from kelp)	100%	Carotenoid Mix......86 mcg (alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	*
Magnesium.....10 mg (as glycinate amino acid chelate†, magnesium oxide)	2%	*Daily Value (DV) not established	

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

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

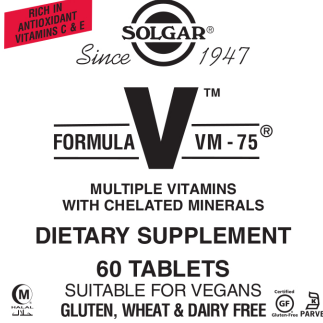
FREE OF: Gluten, Wheat, Dairy, Yeast, Sugar, Sodium and Artificial Flavor.

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