

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.

**RICH IN
ANTIOXIDANT
VITAMINS C & E**



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
1-877-SOLGAR 4
www.solgar.com
©2019 Solgar Inc.

Prod 1182 14-01182X3S



**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)		Choline31 mg6% (as choline bitartrate)		Molybdenum25 mcg56% (as glycinate amino acid chelate†)	
Vitamin C250 mg278% (as niacinamide ascorbate, L-ascorbic acid)		Calcium20 mg2% (as calcium carbonate, amino acid chelate†)		Potassium1.8 mg<1% (as potassium amino acid complex†)	
Vitamin D10 mcg (400 IU)50% (as ergocalciferol)		Iron1.3 mg7% (as iron bisglycinate chelate††)		Inositol75 mg*	
Vitamin E100 mg667% (as d-alpha tocopheryl succinate)		Iodine (from kelp) ...150 mcg100%		Rutin37.5 mg*	
Thiamin75 mg6,250% (as thiamin mononitrate)		Magnesium10 mg2% (as glycinate amino acid chelate†, magnesium oxide)		Citrus Bioflavonoid..25 mg*	
Riboflavin75 mg5,769%		Zinc10 mg91% (as glycinate amino acid chelate†, zinc oxide)		Complex	
Niacin75 mg469% (as niacinamide ascorbate)		Selenium25 mcg45% (as L-selenomethionine)		Betaine HCl25 mg*	
Vitamin B675 mg4,412% (as pyridoxine HCl)		Copper1 mg111% (as glycinate amino acid chelate†)		Hesperidin8.5 mg*	
Folate666 mcg DFE167% (400 mcg folic acid)		Manganese1 mg43% (as glycinate amino acid chelate†)		Powdered Blend4 mg*	
Vitamin B1275 mcg3,125% (as cyanocobalamin)		Chromium25 mcg71% (as chromium nicotinate amino acid chelate†)		(Alfalfa [leaf and stem], Acerola Complex [fruit], Parsley [leaf and stem], Rose Hips [fruit], Watercress [leaf])	
Biotin75 mcg250%				Boron0.5 mg*	
Pantothenic Acid...75 mg1,500% (as d-calcium pantothenate)				(as boron amino acid complex†)	
				Carotenoid Mix.....86 mcg*	
				(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	

*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.

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.

SOLGB78128 07E

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

