

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**



**MULTIPLE VITAMINS
WITH
CHELATED MINERALS**

DIETARY SUPPLEMENT

360 TABLETS
SUITABLE FOR VEGANS
GLUTEN, WHEAT & DAIRY FREE



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

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Prod 1184

14-01184X3S



SOLGB78128 07E

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%	Molybdenum.....25 mcg	56%
(as natural beta-carotene)		(as calcium carbonate, amino acid chelate†)		(as glycinate amino acid chelate†)	
Vitamin C.....250 mg	278%	Iron.....1.3 mg	7%	Potassium.....1.8 mg	<1%
(as niacinamide ascorbate, L-ascorbic acid)		(as iron bisglycinate chelate††)		(as potassium amino acid complex†)	
Vitamin D.....10 mcg (400 IU).....	50%	Iodine (from kelp).....150 mcg	100%		
(as ergocalciferol)		Magnesium.....10 mg	2%	Inositol.....75 mg	*
Vitamin E.....100 mg	667%	(as glycinate amino acid chelate†, magnesium oxide)		Rutin.....37.5 mg	*
(as d-alpha tocopheryl succinate)		Zinc.....10 mg	91%	Citrus Bioflavonoid.....25 mg	*
Thiamin.....75 mg	6,250%	(as glycinate amino acid chelate†, zinc oxide)		Complex	
(as thiamin mononitrate)		Selenium.....25 mcg	45%	Betaine HCl.....25 mg	*
Riboflavin.....75 mg	5,769%	(as L-selenomethionine)		Hesperidin.....8.5 mg	*
Niacin.....75 mg	469%	Copper.....1 mg	111%	Powdered Blend.....4 mg	*
(as niacinamide ascorbate)		(as glycinate amino acid chelate†)		(Alfalfa [leaf and stem], Acerola Complex [fruit], Parsley [leaf and stem], Rose Hips [fruit], Watercress [leaf])	
Vitamin B6.....75 mg	4,412%	Manganese.....1 mg	43%	Boron.....0.5 mg	*
(as pyridoxine HCl)		(as glycinate amino acid chelate†)		(as boron amino acid complex†)	
Folate.....666 mcg DFE.....167%		(as glycinate amino acid chelate†)		Carotenoid Mix.....86 mcg	*
(400 mcg folic acid)		Chromium.....25 mcg	71%	(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
Vitamin B12.....75 mcg	3,125%	(as chromium nicotinate amino acid chelate†)			
(as cyanocobalamin)					
Biotin.....75 mcg	250%				
Pantothenic Acid.....75 mg	1,500%				
(as d-calcium pantothenate)					
Choline.....31 mg	6%				
(as choline bitartrate)					

*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.

