

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

Not intended for use by pregnant or nursing women. If taking any medications, planning any medical or surgical procedure, have any medical condition, or are planning to undergo any critical lab testing, please consult your healthcare practitioner before taking any dietary supplement. Some supplements may interact with certain medications and/or interfere with certain lab tests. Avoid this product if you are allergic to ragweed or daisy-like flowers. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. If you have a latex allergy, avoid the container cap. Do not use if you are under the age of 16. 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.

† Abbot is a registered trademark of Abbott 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. Abbot is a registered trademark of Abbott Laboratories.

††† Not Genetically Modified. Soy From Nature™

For more information, call toll-free 1-877-SOLGAR 4

www.solgar.com
©2019 Solgar, Inc.

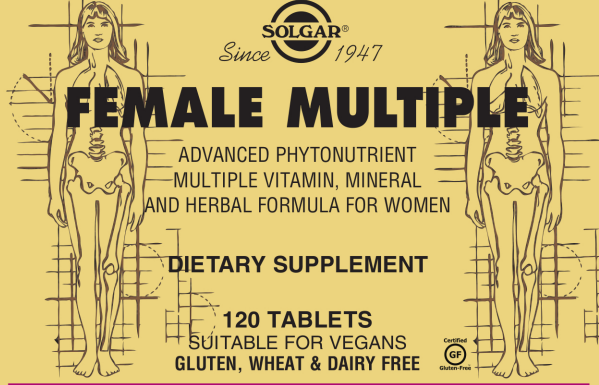
Prod 1205
SOLGB52795 09G

14-07205X3S

STOP PEELING HERE

Prod 1205
SOLGB52795 09G 14-07205X3S

PEEL HERE



Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 40

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A.....4,500 mcg.....500%		Copper.....1.5 mg.....16%	
(as natural beta-carotene)		(as copper glycinate chelate†)	
Vitamin C.....400 mg.....44%		Manganese.....2 mg.....87%	
(as L-ascorbic acid)		(as manganese glycinate chelate†)	
Vitamin D.....10 mcg(400 IU).....50%		Chromium.....20 mcg.....57%	
(as D-cholecalciferol)		(as chromium nicotinate glycinate chelate†)	
Vitamin E.....268 mg.....1,787%		Molybdenum.....50 mcg.....111%	
(as D-alpha-tocopheryl acid succinate)		(as molybdenum glycinate†)	
Vitamin K (as phytonadione).....20 mcg.....17%		Sodium.....39 mg.....2%	
(as vitamin K mononitrate)		(as potassium amino acid complex†)	
Biotin.....50 mcg.....3,948%		Citrus Bioflavonoid Complex.....100 mg.....	
Niacin.....60 mg.....75%		Inositol.....100 mg.....	
(as niacinamide ascorbate, niacin)		Paranthine.....17 mg.....	
Vitamin B6.....50 mcg.....2,941%		Pantothenic.....6 mg.....	
(as pyridoxine HCl)		Phosphorus.....5-Phosphate.....6 mg.....	
Folate.....1,333 mcg DFE.....333%		Boron.....500 mcg.....	
(800 mcg DFE as acid)		(as boron amino acid complex)	
Vitamin B12.....200 mcg.....8,333%		Dong Quai Extract (4:1).....25 mg.....	
(as cyanocobalamin)		(root) (Angelica sinensis)	
Biotin (as D-biotin).....300 mcg.....1,000%		Ungui Extract (4:1).....25 mg.....	
Pantothenic Acid.....80 mg.....1,600%		(leaf extract) (hyps uva uva)	
(as D-Ca pantothenate)		Chaste Extract (4:1) (berry).....25 mg.....	
Choline.....100 mg.....18%		(Vlex agnus-castus)	
(as choline bitartrate)		American Ginseng Extract.....25 mg.....	
Calcium.....400 mg.....31%		(root) (Panax quinquefolius)	
(as calcium carbonate, glycinate chelate†, citrate)		(standardized to contain 2% ginsenosides (0.1%))	
Iron (as iron bisglycinate††).....18 mg.....100%		Milk Thistle Extract (4:1).....25 mg.....	
Iodine.....150 mcg.....100%		(seed) (Silybum marianum)	
(as potassium iodide)		Black Cohosh Extract (4:1).....25 mg.....	
Magnesium.....400 mg.....95%		(root) (Cimicifuga racemosa)	
(as magnesium oxide, citrate, glycinate chelate†)		Soy Germ Extract††.....25 mg.....	
Zinc.....30 mg.....273%		Mixed Carotenoids.....172 mcg.....	
(as zinc glycinate chelate†, aspartate glycinate, oxide)		(beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
Selenium.....200 mcg.....364%			
(as L-selenomethionine)			

*Daily Value (DV) not established

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Stearic Acid, Black, (Carrot Powder) (root), Vegetable Manganese Stearate, Vegetable Glycerin, Titanium Dioxide (color), Marmol, Natural Palm Leaf Glaze, Maltodextrin. Contains soy.

SUGGESTED USE: As a dietary supplement for adults, take three (3) tablets daily, preferably with a meal or as directed by a healthcare practitioner.