

SUGGESTED USE: As a dietary supplement for adults, take two (2) vegetable capsules daily, preferably with a meal or as directed by a healthcare practitioner.

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

If you are pregnant, nursing, taking any medications, have any medical condition, or are planning to undergo any clinical 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. 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.

Carefully Manufactured by:
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Prod 1776
SOLGB78138 04C
14-01776X3S



MULTI II® VEGETABLE CAPSULES

MULTIVITAMIN AND
CHELATED MINERAL
FORMULATION

GLUTEN, WHEAT & DAIRY FREE



180 VEGETABLE CAPSULES
DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Vegetable Capsules
Servings Per Container: 90

Amount Per Serving	%DV
Vitamin A (as palmitate, 50% as beta-carotene)	1,500 mcg 167%
Vitamin C (as niacinamide ascorbate)	300 mg 333%
Vitamin D3 (as cholecalciferol)	10 mcg (400 IU) 50%
Vitamin E (as d-alpha-tocopheryl succinate)	100.5 mg 670%
Thiamin (as thiamin mononitrate)	100 mg 8,333%
Riboflavin	100 mg 7,692%
Niacin (as niacinamide ascorbate)	100 mg 625%
Vitamin B6 (as pyridoxine HCl)	100 mg 5,882%
Folate	666 mcg DFE 167% (400 mcg folic acid)
Vitamin B12 (as cyanocobalamin)	100 mcg 4,167%
Biotin	50 mcg 167%
Pantothenic Acid (as D-Ca pantothenate)	100 mg 2,000%
Choline (as choline bitartrate)	21 mg 4%
Calcium (as glycinate amino acid chelate†, D-Ca pantothenate)	18 mg 2%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as glycinate amino acid chelate†, oxide)	1.3 mg <1%
Zinc (as zinc glycinate amino acid chelate†)	1.5 mg 14%

Amount Per Serving	%DV
Selenium (as L-selenomethionine)	10 mcg 18%
Copper (as copper gluconate)	1 mg 111%
Manganese (as manganese glycinate amino acid chelate†)	0.61 mg 27%
Chromium (as chromium nicotinate glycinate chelate†)	20 mcg 57%
Potassium (as potassium glycinate complex†)	2 mg <1%
Inositol	50 mg *
Betaine HCl	25 mg *
Citrus Bioflavonoid Complex	25 mg *
L-Glutamic Acid	25 mg *
Rutin	25 mg *
Hesperidin Complex	5 mg *
Carotenoid Complex (alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	29 mcg *
Soy Protein/Amino Acid Blend (L-Glutamic Acid, L-Aspartic Acid, L-Leucine, L-Arginine, L-Lysine, L-Phenylalanine, L-Serine, L-Proline, L-Valine, L-Isoleucine, L-Alanine, Glycine, L-Threonine, L-Tyrosine, L-Histidine, L-Tryptophan, L-Cysteine, L-Methionine)	140 mg *
Special Powdered Blend (Alfalfa [aerial], Acerola Extract [berry], Kelp [whole-plant], Parsley [leaf], Rose Hips [fruit] and Watercress [aerial])	20 mg *

* Daily Value (DV) not established

Other Ingredients: Vegetable Cellulose, Silica, Vegetable Magnesium Stearate, Mannitol, Maltodextrin. Contains soy.

