

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, Artificial Flavor, Preservatives and Color.

If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. 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 seal is missing or damaged.

Solgar's KOF-K certification #K-1250

For more information, call toll-free
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SOLOVITE®

IRON-FREE

VITAMIN AND MINERAL

DIETARY SUPPLEMENT

60 TABLETS
GLUTEN, WHEAT & DAIRY FREE



Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A5,000 IU100%		Folic Acid.....100 mcg25%		Betaine HCl25 mg*	
(as retinyl palmitate 2,500 IU, 50% [2,500 IU] as natural beta-carotene)		Vitamin B12.....100 mcg ...1667%		Inositol25 mg*	
Vitamin C150 mg250%		(as cyanocobalamin)		Rutin25 mg*	
(as L-ascorbic acid)		Biotin20 mcg7%		Choline (as choline bitartrate) ..10 mg*	
Vitamin D (as cholecalciferol) ..400 IU100%		Pantothenic Acid50 mg500%		L-Lysine HCl.....10 mg*	
Vitamin E150 IU500%		(as D-Ca pantothenate)		Hesperidin Complex5 mg*	
(as d-alpha tocopheryl succinate)		Calcium (as calcium carbonate) ..30 mg3%		Carotenoid Mix29 mcg*	
Thiamin.....25 mg1667%		Iodine (as potassium iodide)100 mcg67%		(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
(as thiamin mononitrate)		Magnesium.....0.4 mg<1%		Powdered Blend7 mg*	
Riboflavin.....25 mg1471%		(as magnesium gluconate)		(Kelp [whole-plant], Alfalfa [leaf and stem], Acerola Extract Complex [fruit], Parsley [leaf], Rose Hips [fruit], Watercress [herb])	
Niacin (as niacinamide)100 mg500%		Zinc (as zinc gluconate)0.18 mg1%			
Vitamin B6.....25 mg1250%		Manganese.....0.7 mg35%			
(as pyridoxine HCl)		(as manganese gluconate)			
		Citrus Bioflavonoid Complex25 mg.....*			

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Vegetable Glycerin, Maltodextrin.

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CAREFULLY MANUFACTURED BY:
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