

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

Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, or 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. Not intended for use by persons under the age of 18. Store at room temperature. Do not use if outer 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.

Ester-C® is a registered trademark of The Ester C Company.

†Albion® is a registered trademark of Albion Laboratories, Inc.

††Naturally occurring.

†††Not Genetically Modified, Soy from Nature®

For more information, call toll-free
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Prod 2072
SOLGB80113 06D

14-02072X3S



PHYTONUTRIENT COMPLEX MULTIPLE VITAMIN AND MINERAL FORMULA

DIETARY SUPPLEMENT

180 TABLETS
SUITABLE FOR VEGANS
GLUTEN, WHEAT & DAIRY FREE
Non-GMO



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

Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 90

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A.....4,500 mcg.....500%		Iron.....9 mg.....50%		Standardized Turmeric Extract.....50 mg.....*	
(as natural beta-carotene)		(as iron bisglycinate chelate†)		(curcuminoids 46.5 mg [93%]) (root)	
Vitamin C.....300 mg.....333%		Iodine (as potassium iodide).....150 mcg...100%		Broccoli Cruciferous Extract.....50 mg.....*	
(from Ester-C® as calcium, magnesium, zinc ascorbates)		Magnesium.....37 mg.....9%		Phosphatidylserine Complex.....50 mg.....*	
Vitamin D (as ergocalciferol).....5 mcg (200 IU).....25%		(as glycinate amino acid chelate†, magnesium ascorbate, oxide)		(phosphatidylserine 10 mg [20%])	
Vitamin E.....201 mg.....1,340%		Zinc.....15 mg.....136%		N-Acetyl-L-Cysteine.....50 mg.....*	
(as d-alpha tocopheryl succinate)		(as glycinate amino acid chelate†, zinc ascorbate)		Citrus Bioflavonoid Complex.....50 mg.....*	
Vitamin K (as phytonadione).....20 mcg.....17%		Selenium (as L-selenomethionine).....70 mcg...127%		Polyphenols.....20 mg.....*	
Thiamin (as thiamin mononitrate).....30 mg.....2,500%		Copper.....1.5 mg.....167%		(from green tea leaf and grape seed extracts)	
Riboflavin.....35 mg.....2,692%		(as glycinate amino acid chelate†)		Alpha-Lipoic Acid.....10 mg.....*	
Niacin (as niacinamide, niacin).....60 mg.....375%		Manganese.....2 mg.....87%		Coenzyme Q-10.....10 mg.....*	
Vitamin B6 (as pyridoxine HCl).....50 mg.....2,941%		(as glycinate amino acid chelate†)		Quercetin.....10 mg.....*	
Folate.....666 mcg DFE.....167%		Chromium.....100 mcg...286%		Co-Carboxylase.....1 mg.....*	
(400 mcg folic acid)		(as chromium picolinate)		Pyridoxal-5'-Phosphate.....1 mg.....*	
Vitamin B12 (as cyanocobalamin).....100 mcg...4,167%		Molybdenum.....50 mcg...111%		Riboflavin-5'-Phosphate.....1 mg.....*	
Biotin (as D-biotin).....100 mcg.....333%		(as glycinate amino acid chelate†)		Carotenoid Mix.....172 mcg.....*	
Pantothenic Acid.....80 mg.....1,600%		Sodium††.....10 mg.....<1%		(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
(as D-Ca pantothenate)		Potassium.....10 mg.....<1%		Nickel (as nickel sulfate).....5 mcg.....*	
Choline (as choline bitartrate).....75 mg.....14%		(as potassium glycinate complex†)		Vanadium (as vanadyl sulfate).....5 mcg.....*	
Calcium.....35 mg.....3%		Inositol.....75 mg.....*		Boron (as boric acid).....0.5 mg.....*	
(as calcium ascorbate, glycinate amino acid chelate†)		Soy Germ Extract†††.....50 mg.....*			

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid, Grapeskin (color), Mannitol, Maltodextrin, Vegetable Glycerin, Titanium Dioxide Color, Glycine.

Contains soy ingredients.

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

