

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

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, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Store at room temperature. Do not use if outer bottle 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.

† US Patent No.'s 6,706,904 and 6,716,814 are licensed by Albion International, Inc.

†† 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. US Patent No.'s 6,706,904 and 6,716,814 are licensed by Albion International, Inc.

For more information, call toll-free 1-877-SOLGAR 4
www.solgar.com
©2017 Solgar, Inc.



VEGETARIAN MULTIPLE

DIETARY SUPPLEMENT

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



Supplement Facts

Serving Size: 3 Vegetable Capsules
Servings Per Container: 60

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	5	Zinc (as picolinate, glycinate amino acid chelate†, oxide)	15 mg.....136%
Total Carbohydrate	1 g.....<1%*	Selenium (as L-selenomethionine)	100 mcg.....182%
Vitamin A (as 100% beta-carotene).....	2,343 mcg260%	Copper (as gluconate, glycinate amino acid chelate†)	1.5 mg.....167%
Vitamin C (as calcium ascorbate).....	250 mg278%	Manganese (as gluconate, glycinate amino acid chelate†)	4 mg.....174%
Vitamin D (as ergocalciferol).....	10 mcg (400 IU)50%	Chromium (as picolinate [yeast-free],	200 mcg571%
Vitamin E (as d-alpha-tocopheryl succinate)	100.5 mg670%	chromium nicotinate amino acid chelate†)	
Thiamin (as thiamin mononitrate)	25 mg2,083%	Molybdenum (as glycinate amino acid chelate†)	50 mcg111%
Riboflavin	25 mg1,923%	Potassium (as gluconate, amino acid complex†).....	40 mg.....<1%
Niacin (as niacinamide, niacin).....	50 mg313%		
Vitamin B6 (as pyridoxine HCl).....	25 mg1,471%	Spirulina Powder	70 mg.....**
Folate	666 mcg DFE167%	Inositol	25 mg.....**
	(400 mcg folic acid)	Barley Grass Powder	5 mg.....**
Vitamin B12 (as cyanocobalamin)	150 mcg6,250%	Boron (as boron amino acid complex)	1 mg.....**
Biotin	100 mcg333%	Pantethine	1.5 mg.....**
Pantothenic Acid (as d-calcium pantothenate)	50 mg1,000%	Riboflavin-5'-Phosphate	1 mg.....**
Choline (as choline bitartrate)	10 mg2%	Pyridoxal-5'-Phosphate	1 mg.....**
Calcium (as ascorbate, carbonate,	40 mg3%	Co-carboxylase.....	1 mg.....**
pantothenate glycinate amino acid chelate†)		Carotenoid Mix86 mcg.....**
Iron (as iron bisglycinate chelate††).....	10 mg56%	(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
Iodine (as potassium iodide).....	150 mcg100%		
Magnesium (as oxide, glycinate amino acid chelate†).....	20 mg5%		

* Percent Daily Values (DV) are based on a 2,000 calorie diet
**Daily Value (DV) not established

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate, L-Aspartic Acid, Citric Acid, Silica, Mannitol, Maltodextrin.

SUGGESTED USE: As a dietary supplement for adults, take three (3) vegetable capsules daily, preferably with a meal. May be distributed throughout the day, or as directed by a healthcare practitioner.

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

SOLGB78016 02C

