

RICH IN
ANTIOXIDANT
VITAMINS C & E



Since 1947

FORMULA VTM VM-2000[®]
2000

**MULTINUTRIENT FORMULA
DIETARY SUPPLEMENT**

2 TABLETS
SUITABLE FOR VEGANS
WHEAT & DAIRY FREE



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: 1

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A6,000 mcg667% (as 100% beta-carotene)		Iron10 mg56% (as ferrous sulfate, bisglycinate††)		Citrus Bioflavonoid25 mg*	
Vitamin C300 mg333% (as calcium ascorbate)		Iodine150 mcg100% (as potassium iodide)		Betaine HCl25 mg*	
Vitamin D10 mcg (400 IU) ..50% (as ergocalciferol)		Magnesium30 mg7% (as magnesium oxide, glycinate amino acid chelate†)		Pyridoxal-5'-Phosphate20 mg*	
Vitamin E134 mcg893% (as d-alpha-tocopheryl succinate)		Zinc (as zinc oxide,15 mg136% glycinate amino acid chelate†)		Soy Lecithin20 mg*	
Thiamin100 mg8,333% (as thiamin mononitrate)		Selenium25 mcg45% (as L-selenomethionine)		L-Glutathione5 mg*	
Riboflavin100 mg7,692% Niacin100 mg625% (as niacinamide, niacin)		Copper1.5 mg167% (as copper gluconate, glycinate amino acid chelate†)		Boron1 mg*	
Vitamin B690 mg5,294% (as pyridoxine HCl)		Manganese2 mg87% (as manganese gluconate, glycinate amino acid chelate†)		Carotenoid Mix229 mcg*	
Folate666 mcg DFE167% (400 mcg folic acid)		Chromium25 mcg71% (as chromium picolinate, nicotinate glycinate chelate†)		(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
Vitamin B12100 mcg4,167% (as cobalamin)		Molybdenum50 mcg111% (as molybdenum glycinate amino acid chelate†)		Whole Food/Herbal260 mg*	
Biotin100 mcg333% Pantothenic Acid100 mg2,000% (as d-calcium pantothenate)		Potassium10 mg<1% (as potassium chloride, amino acid chelate†)		Blend Complex (Alfalfa [leaf and stem], Rose Hips [fruit], Citrus Bioflavonoid Complex, Rutin, Dong Quai [root], Eleuthero [root], Oat Fiber, Suma [root], Watercress [leaf], Echinacea Purpurea [root], Parsley [leaf and stem], Spirulina, Hesperidin Complex)	
Choline41 mg7% (as choline bitartrate)				Soy Protein Isolate200 mg*	
Calcium65 mg5% (as calcium ascorbate, glycinate amino acid chelate†, d-calcium pantothenate, dicalcium phosphate, carbonate)				Providing: 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	
		Inositol100 mg*			

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Vegetable Stearic Acid, Silica, Vegetable Magnesium Stearate, Vegetable Glycerin, Mannitol, Maltodextrin. Contains soy ingredients.

LOT NO./EXP. DATE

Prod 1191 SOLGB78131 03C 18-01191X3S

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

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, have any medical condition, planning any medical or surgical procedure, or are planning to undergo any clinical lab testing, consult your doctor before use. Some supplements may interact with certain medications and/or interfere with certain lab tests. Avoid this product if you are allergic to sunflowers or daisy-like flowers. 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 packet seal is torn 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.

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

Note: L-Tryptophan is naturally occurring.

Solgar's KOF-K certification #K-1250
For more information, call toll-free 1-877-SOLGAR 4
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