

RICH IN
ANTIOXIDANT
VITAMINS C & E



Since 1947

FORMULA VTM VM-75[®]

**MULTIPLE VITAMINS
WITH CHELATED MINERALS**

DIETARY SUPPLEMENT

2 TABLETS

SUITABLE FOR VEGANS

GLUTEN, WHEAT & DAIRY FREE



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

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A.....2,250 mcg 250% (from natural beta-carotene)		Choline 31 mg 6% (as choline bitartrate)		Molybdenum 25 mcg 56% (as glycinate amino acid chelate†)	
Vitamin C.....250 mg 278% (as niacinamide ascorbate, L-ascorbic acid)		Calcium 20 mg 2% (as calcium carbonate, amino acid chelate†)		Potassium.....1.8 mg<1% (as potassium amino acid complex†)	
Vitamin D 10 mcg (400 IU) 50% (as ergocalciferol)		Iron 1.3 mg 7% (as iron bisglycinate chelate††)		Inositol 75 mg*	
Vitamin E.....100 mg 667% (as d-alpha tocopheryl succinate)		Iodine (from kelp) ...150 mcg 100%		Rutin 37.5 mg*	
Thiamin 75 mg 6,250% (as thiamin mononitrate)		Magnesium 10 mg 2% (as glycinate amino acid chelate†, magnesium oxide)		Citrus Bioflavonoid.....25 mg*	
Riboflavin 75 mg 5,769% (as niacinamide ascorbate)		Zinc 10 mg 91% (as glycinate amino acid chelate†, zinc oxide)		Complex	
Niacin 75 mg 469% (as pyridoxine HCl)		Selenium 25 mcg 45% (as L-selenomethionine)		Betaine HCl 25 mg*	
Folate 666 mcg DFE 167% (400 mcg folic acid)		Copper 1 mg 111% (as glycinate amino acid chelate†)		Hesperidin 8.5 mg*	
Vitamin B12 75 mcg 3,125% (as cyanocobalamin)		Manganese 1 mg 43% (as glycinate amino acid chelate†)		Powdered Blend 4 mg*	
Biotin 75 mcg 250%		Chromium 25 mcg 71% (as chromium nicotinate amino acid chelate†)		(Alfalfa [leaf and stem], Acerola Complex [fruit], Parsley [leaf and stem], Rose Hips [fruit], Watercress [leaf])	
Pantothenic Acid 75 mcg 1,500% (as d-calcium pantothenate)				Boron 0.5 mg*	
				(as boron amino acid complex†)	
				Carotenoid Mix.....86 mcg*	
				(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
				*Daily Value (DV) not established	

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

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

LOT NO./EXP. DATE

Prod 1178 SOLGB78128 04C 18-01178X3S

SUGGESTED USE: As a dietary supplement for adults, take one (1) tablet daily, preferably with a meal or as directed by a healthcare practitioner.

If you are pregnant, nursing, 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. 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 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.

Solgar's KOF-K certification #K-1250

† 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.

For more information, call toll-free 1-877-SOLGAR 4
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