

OLGB52795 05D 14-59199X35

Not intended for use by pregnant or nursing women. If taking any medications, planning any medical or surgical procedure, have any type of procedure, or are planning to undergo any type of testing, inform your physician or pharmacist before taking this product. Avoid this product if you are allergic to any of the ingredients or if you are taking any other drugs. Avoid this product if you are allergic to certain medications and/or interfere with certain lab tests. Avoid this product if you are allergic to aspirin or daisy-like flowers. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. If you have a liver disorder or develop symptoms of liver trouble, such as abdominal pain, dark urine, or jaundice. Not intended for use by persons under the age of 18. Store at room temperature. Do not use if inner 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.

† 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.

+++ Not Genetically Modified. Soy From Nature™

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Prod 59199
SOLGB52795 05D

14-59199X3S

STOP PEELING HERE

Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 40

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A	4,500 mcg.....50%	Copper	1.5 mg.....16%
(as natural beta-carotene)		(as copper glycinate chelate)	
Vitamin C	400 mg.....44%	Manganese	2 mg.....87%
(as L-ascorbic acid, nicotinamide ascorbate)		(as manganese glycinate chelate)	
Vitamin D	10 mcg (400 IU).....50%	Chromium	200 mcg.....57%
(as ergocalciferol)		(as chromium nicotinate chelate)	
(as D-alpha-tocopheryl as succinate)	268 mg.....178%	Molybdenum	50 mcg.....111%
Vitamin K (as phytonadione)	20 mcg.....17%	(as molybdenum glycinate)	
Thiamin	50 mg.....4,167%	Sodium	15 mg.....<1%
Riboflavin	50 mg.....3,846%	Potassium	99 mg.....2%
Niacin	500 mg.....375%	(as potassium amino acid complex)	
(as nicotinamide ascorbate, niacinamide)		Iron	100 mg.....100%
Vitamin B6	50 mg.....2,941%	Cincho	100 mg.....100%
(as pyridoxine HCl)		Insulin	100 mg.....100%
Folate	1,333 mcg DFE.....333%	Cocytoclyase	7 mg.....70%
(800 mcg folic acid)		Pyridoxal-5-Phosphate	6 mg.....60%
Vitamin B12	200 mcg 8,333%	Biotin	5 mg.....50%
(as cyanocobalamin)		Biotin-5-S-Phosphate	500 mg.....500%
Biotin (as D-biotin)	300 mcg 1,000%	(as boron amino acid complex)	
Pantothenic Acid	80 mg.....1,600%	Dong Quai Extract (4:1)	25 mg.....250%
(as D-Ca pantothenate)		(root) (<i>Angelica sinensis</i>)	
Choline	100 mg.....18%	Uva Ursi Extract (4:1)	25 mg.....250%
(as choline bitartrate)		(leaf) (<i>Urtica dioica</i> var. <i>ursi</i>)	
Calcium	400 mg.....31%	Chaste Extract (4:1) (berry)	25 mg.....250%
(as calcium ascorbate, glycinate chelate, citrate)		(fruit) (<i>Vaccinium vitis-idaea</i>)	
Iodine (as non-bisglycinate†)	18 mcg.....100%	(root) (<i>Parax urticaefolius</i>)	25 mg.....250%
(as potassium iodide)	150 mcg.....100%	(standardized to contain 2.5 mg ginsenosides 10%)	
Magnesium	400 mg.....95%	Milk Thistle Extract (4:1)	25 mg.....250%
(as magnesium oxide, citrate, glycinate chelate)		(seed) (<i>Silybum marianum</i>)	25 mg.....250%
Zinc	30 mg.....272%	(root) (<i>Composita aconitifolia</i>)	25 mg.....250%
(as zinc glycinate chelate, histidine chelate, oxide)		Soy Geng Extract†††	25 mg.....250%
Selenium	200 mcg.....364%	Mixed Carotenoids	172 mcg.....172%
(as L-selenomethionine)		(alpha and beta-carotene, lutein, zeaxanthin, xanthophyll)	
		Total Value (DV) not established	

*Daily Value (DV) not established

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Stearic Acid, Black Carrot Powder (color), Vegetable Magnesium Stearate, Vegetable Glycerin, Titanium Dioxide (color), Mannitol, Natural Palm Leaf Glaze, Maltodextrin. Contains soy.

SUGGESTED USE: As a dietary supplement for adults with a meal or as directed by a healthcare practitioner.

WARNING: This product contains a defect or other reproductive harm.