

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 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.

†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

WARNING: This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

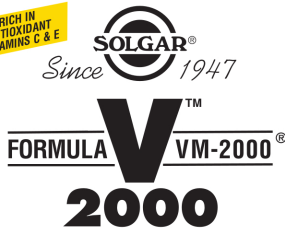
For more information, call toll-free 1-877-SOLGAR 4
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Prod 59202
SOLGB78131 01A

14-59202X3S

RICH IN
ANTIOXIDANT
VITAMINS C & E



MULTINUTRIENT FORMULA DIETARY SUPPLEMENT

90 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: 45

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A6,000 mcg DFE667%		Iron10 mg56%		Citrus Bioflavonoid25 mg*	
(as 100% beta-carotene)		(as ferrous sulfate, bisglycinate††)		Complex	
Vitamin C300 mg333%		Iodine150 mcg100%		Betaine HCl25 mg*	
(as calcium ascorbate)		(as potassium iodide)		Pyridoxal-5'-Phosphate20 mg*	
Vitamin D10 mcg (400 IU)50%		Magnesium30 mg7%		Soy Lecithin20 mg*	
(as ergocalciferol)		(as magnesium oxide, glycinate amino acid chelate†)		L-Glutathione5 mg*	
Vitamin E134 mcg893%		Zinc (as zinc oxide,15 mg136%		Boron1 mg*	
(as d-alpha-tocopheryl succinate)		glycinate amino acid chelate†)		(as boron amino acid complex)	
Thiamin100 mg8,333%		Selenium25 mcg45%		Carotenoid Mix229 mcg*	
(as thiamin mononitrate)		(as L-selenomethionine)		(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
Riboflavin100 mg7,692%		Copper1.5 mg167%		Whole Food/Herbal260 mg*	
Niacin100 mg625%		(as copper gluconate, glycinate amino acid chelate†)		Blend Complex	
(as niacinamide, niacin)		Manganese2 mg87%		(Alfalfa [leaf and stem], Rose Hips [fruit],	
Vitamin B690 mg5,294%		(as manganese gluconate, glycinate amino acid chelate†)		Citrus Bioflavonoid Complex, Rutin,	
(as pyridoxine HCl)		Chromium25 mcg71%		Dong Quai [root], Eleuthero [root],	
Folate666 mcg DFE167%		(as chromium picolinate, nicotinate glycinate chelate†)		Oat Fiber, Suma [root], Watercress [leaf],	
(400 mcg folic acid)		Molybdenum50 mcg111%		Echinacea Purpurea [root], Parsley [leaf	
Vitamin B12100 mcg4,167%		(as molybdenum glycinate amino acid chelate†)		and stem], Spirulina, Hesperidin Complex)	
(as cobalamin)		Potassium10 mg<1%		Soy Protein Isolate200 mg*	
Biotin100 mcg333%		(as potassium chloride, amino acid chelate†)		Providing: L-Glutamic Acid,	
Pantothenic Acid100 mg2,000%		Inositol100 mg*		L-Aspartic Acid, L-Leucine,	
(as d-calcium pantothenate)				L-Arginine, L-Lysine, L-Phenylalanine,	
Choline41 mg7%				L-Serine, L-Proline, L-Valine,	
(as choline bitartrate)				L-Isoleucine, L-Alanine, Glycine,	
Calcium65 mg5%				L-Threonine, L-Tyrosine, L-Histidine,	
(as calcium ascorbate, glycinate amino acid chelate†, d-calcium pantothenate, dicalcium phosphate, carbonate)				L-Tryptophan, L-Cysteine, L-Methionine	

*Daily Value (DV) not established

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