

SOLARAY®

DIETARY SUPPLEMENT

ONCE DAILY

High Energy multivitamin



180 VegCaps



WARNING: Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product. Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. In case of accidental overdose, call a doctor or poison control center immediately.

Directions: Use only as directed. Take one VegCap daily with a meal or glass of water. Store in a cool, dry place.

Supplement Facts

Serving Size 1 VegCap

	Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene, Retinyl Palmitate) (Supplying 20,666 IU of Vitamin A)	6,200 mcg	689%
Vitamin C (as Ascorbic Acid, Rose Hips, Acerola Cherry)	150 mg	167%
Vitamin D (as Cholecalciferol) (D-3) (Supplying 1,000 IU of Vitamin D)	25 mcg	125%
Vitamin E (as d-Alpha Tocopheryl Succinate) (Supplying 105 IU of Vitamin E)	70 mg	467%
Thiamine (as Thiamine Mononitrate) (B-1)	10 mg	833%
Riboflavin (B-2)	10 mg	769%
Niacin (as Niacinamide) (B-3)	50 mg	313%
Vitamin B-6 (as Pyridoxine HCl)	10 mg	588%
Folic Acid	680 mcg	170%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	1,042%
Biotin	10 mcg	33%
Pantothenic Acid (as Calcium Pantothenate)	25 mg	500%
Calcium (as Calcium Asporotate™**, Calcium Carbonate)	10 mg	<1%
Iron (as Ferrous Fumarate)	1.8 mg	10%
Iodine (from Kelp)	22.5 mcg	15%

	Amount Per Serving	% Daily Value
Magnesium (from Magnesium Asporotate™**, Magnesium Oxide)	5 mg	1%
Zinc (as Zinc Asporotate™)**	1.5 mg	14%
Selenium (as Selenomethionine)	1 mcg	2%
Copper (as Copper Asporotate™)**	50 mcg	6%
Manganese (as Manganese Asporotate™)**	0.5 mg	22%
Chromium (as Chromium Chloride)	2 mcg	6%
Potassium (as Potassium Asporotate™)**	5 mg	<1%
Choline (from Choline Bitartrate)	8 mg	1%*
PABA (Para-Aminobenzoic Acid)	25 mg	*
Inositol	20 mg	*
Whole Food and Herb Base	135 mg	*
Rice Flour, Whole Rice Concentrate (including bran, polishings and germ), Alfalfa (leaf), Watercress (leaf), Chamomile (flowering tops), Carrot Juice, Horsetail (aerial), Yellow Dock (root), Parsley (leaf), Dandelion (root).		
*Daily Value not established.		

Other Ingredients: Vegetable Cellulose Capsule, Sodium Alginate, Food Starch, Magnesium Stearate and Silica.

** Asporotate™ denotes Aspartate, Citrate, Orotate.

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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