



120 VegCaps

Once Daily High Energy

MULTI-VITA-MIN™
TWO-STAGE, TIMED RELEASE

SOLARAY®
DIETARY SUPPLEMENT
IRON FREE

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. Do not use if you are pregnant or nursing.

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 (from Retinyl Palmitate and 60% as Natural Beta Carotene)	25,000 IU	500%
Vitamin C (as Ascorbic Acid, Rose Hips, Acerola Cherry)	150 mg	250%
Vitamin D (as Cholecalciferol) (D-3)	400 IU	100%
Vitamin E (as Natural Source d-Alpha-Tocopheryl Succinate)	100 IU	333%
Thiamine (as Thiamine Mononitrate) (B-1)	10 mg	667%
Riboflavin (B-2)	10 mg	588%
Niacin (as Niacinamide) (B-3)	50 mg	250%
Vitamin B-6 (as Pyridoxine HCl)	10 mg	500%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	417%
Biotin	10 mcg	3%
Pantothenic Acid (as Calcium Pantothenate)	25 mg	250%
Calcium (as Calcium Ascorbate™, Calcium Carbonate)	10 mg	1%
Iodine (as Kelp)	22.5 mcg	15%
Magnesium (as Magnesium Aspartate™, Magnesium Oxide)	5 mg	1%
Zinc (as Zinc Aspartate™)**	1.5 mg	10%
Selenium (as Selenomethionine)	1 mcg	1%
Copper (as Copper Aspartate™)**	0.05 mg	3%
Manganese (as Manganese Aspartate™)**	0.5 mg	25%
Chromium (as Chromium Aspartate™)**	2 mcg	2%
Sodium	5 mg	<1%
Potassium (as Potassium Aspartate™)**	5 mg	<1%
PABA (Para-Aminobenzoic Acid)	25 mg	*
Inositol	20 mg	*
Choline Bitartrate	20 mg	*
Whole Food and Herb Base	93 mg	*
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, Magnesium Stearate and Silica.

Discussion: This product is formulated using a two-stage, timed-release technology. The two-stage ingredients are designed to release half of the ingredients rapidly and the other half gradually over a longer period of time.***The two-stage ingredients include Vitamin C, Thiamine, Riboflavin, Niacinamide and Vitamin B-6.

**Aspartate™ denotes Aspartate, Citrate, Orotate (milk).

***Based on in-vitro dissolution tests designed to simulate the digestive process.

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Comments or Questions:

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