



Iron-Free Formula VM-75® Tablets

Iron-Free Formula VM-75® Tablets is one of Solgar's premium-quality multiples.*

View the Supplement Facts »

Iron-Free Formula VM-75® Tablets :

UPC	Quantity	Vegetarian	Kosher
033984011724	30	Yes	Yes
033984011731	60	Yes	Yes
033984011748	90	Yes	Yes
033984011533	180	Yes	Yes

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%DV	Amount Per Serving	%DV
Carotenes 5		Selenium 25 mcg	36%
Total Carbohydrate <1 g	<1%*	(as L-selenomethionine)	
Protein <1 g	1%*	Copper 1 mg	50%
Vitamin A 7,500 IU	150%	(as glycinate amino acid chelate†)	
(as natural beta-carotene)		Manganese 1 mg	50%
Vitamin C 250 mg	417%	(as glycinate amino acid chelate†)	
(as sodium ascorbate, L-ascorbic acid)		Chromium 25 mcg	21%
Vitamin D 400 IU	100%	(as nicotinic acid chelate†)	
(as ergocalciferol)		Molybdenum 25 mcg	33%
Vitamin E 150 IU	500%	(as glycinate amino acid chelate†)	
(as D-alpha-tocopheryl succinate)		Potassium 1.8 mg	<1%
Thiamin 75 mg	5000%	(as potassium amino acid complex)	
(as thiamin mononitrate)		Inositol 75 mg	**
Riboflavin 75 mg	4412%	Choline 31 mg	**
Niacin 75 mg	375%	(as choline bitartrate)	
(as niacinamide ascorbate)		Rutin 25 mg	**
Vitamin B6 75 mg	3750%	Citrus	
(as pyridoxine HCl)		Bioflavonoids 25 mg	**
Folic Acid 400 mcg	100%	Betaine HCl 25 mg	**
Vitamin B12 75 mcg	1250%	Hesperidin 5 mg	**
(as cobalamin)		Boron 0.5 mg	**
Biotin 75 mcg	25%	(as boron amino acid complex)	
Pantothenic Acid 75 mg	750%	Carotenoid Mix 86 mcg	**
(as D-Ca pantothenate)		(alpha-carotene, lutein, zeaxanthin, cryptoxanthin)	
Calcium 20 mg	2%	Natural Powdered ↑	
(as calcium carbonate amino acid chelate†)		Blend ‡	4 mg
Iron 0 mg	0%	(Aflata [whole-plant], Acerola	
Iodine 150 mcg	100%	[berry], Kelp [whole-plant], Parsley	
(from kelp)		[seal], Rose Hips [fruit] and	
Magnesium 10 mg	3%	Watercress [whole-plant])	
(as glycinate amino acid chelate†, magnesium oxide)			
Zinc 10 mg	67%		
(as glycinate amino acid chelate†, zinc oxide)			

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
** Daily Value (DV) not established.

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

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

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

Keep out of reach of children.

Solgar's Iron Free VM-75® Tablets are free of yeast, wheat, soy, gluten and dairy products and are formulated without the use of artificial preservatives, flavors or colors.

† Albion process patent No.'s 5,516,925 and 6,716,814 Chelazomes.

†† Albion process patent No. 5,292,729 Chelazomes.

Solgar's KOF-K certification #K-1250