Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Magnesium Stearate, Vegetable Glycerin, Mannitol, Maltodextrin.

Contains wheat.

SUGGESTED USE: As a dietary supplement for adults, take three (3) tablets daily, preferably with a meal or as directed by a healthcare practitioner.

FREE OF: Dairy, Yeast, Sugar and Artificial Flavors.

Not intended for use by pregnant or nursing women. If you are taking any medications, including blood thinners, planning any medical or surgical procedure or are planning to undergo any clinical testing, or have any medical condition, including a known sensitivity to latex, consult your doctor before use. Avoid this product if you are allergic to ragweed or daisy-like flowers. Some supplements may interact with certain medications and/or interfere with certain lab tests. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

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.

†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, Inc.

††Naturally occurring

†††Gelatin Digesting Units (2,000 GDU per gram)

For more information, call toll-free
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Solgar, Inc., 500 Willow Tree Road,
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SOLGB78146X3 03C
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Supplement Facts

Serving Size: 3 Tablets
Servings Per Container: 30

Amount Per Serving	%DV
Calories	5
Total Carbohydrate 2 g	1%*
Vitamin A 4,500 mcg (from natural beta-carotene)	500%
Vitamin C 1,000 mg (as calcium ascorbate)	1,111%
Vitamin D 10 mcg (400 IU) (as D2 ergocalciferol)	50%
Vitamin E 167.5 mg (as d-alpha tocopheryl succinate)	1,117%
Thiamin 25 mg (as thiamin mononitrate)	2,083%
Riboflavin 25 mg	1,923%
Niacin 25 mg (as niacinamide, niacin)	156%
Vitamin B6 25 mg (as pyridoxine HCl)	1,471%
Folate 667 mcg DFE (400 mcg folic acid)	167%
Vitamin B12 250 mcg (as cyanocobalamin)	10,417%
Biotin 50 mcg	167%
Pantothenic Acid 25 mg (as D-Ca pantothenate)	500%
Choline 21 mg (as choline bitartrate)	4%
Calcium 250 mg (as calcium carbonate, calcium ascorbate, calcium citrate, D-Ca pantothenate)	19%
Iron 18 mg (as iron bisglycinate chelate†)	100%
Iodine 150 mcg (as potassium iodide)	100%
Magnesium 125 mg (as magnesium oxide, magnesium citrate)	30%
Zinc (as zinc picolinate) 15 mg	136%
Selenium 25 mcg (as L-selenomethionine)	45%
Copper 0.5 mg (as copper gluconate)	56%
Manganese 4 mg (as manganese gluconate)	174%
Chromium 100 mcg (as chromium picolinate)	286%
Molybdenum 50 mcg (as molybdenum amino acid chelate†)	111%

Amount Per Serving	%DV
Sodium †† 25 mg	1%
Potassium 50 mg (as potassium chloride)	1%
Spirulina 1 g	**
Flax, Borage, Sunflower Seed Oil Powder Blend 200 mg	**
Chlorella 100 mg (from broken cell wall)	**
Citrus Bioflavonoid Complex 100 mg	**
Wheat Grass Powder 100 mg	**
Barley Grass Powder 100 mg	**
Active Herbal Blend 112 mg (eleuthero [root], ginkgo biloba [leaf], echinacea [aerial], milk thistle [seed], ginger [root], cayenne [fruit])	**
Rutin 50 mg	**
Apple Pectin 25 mg	**
Inositol 25 mg	**
Oat Fiber 25 mg	**
Quercetin Dihydrate 25 mg	**
Betaine 20 mg (as betaine HCl)	**
Bromelain 20 mg (from pineapple - 40 GDU†††)	**
Papain (from papaya) 20 mg	**
Dehydrated Garlic Powder (bulb) 10 mg	**
Hesperidin Complex 10 mg	**
Amylase 5 mg	**
L-Glutathione 5 mg	**
Lipase 5 mg	**
Chlorophyllin 4 mg	**
Cellulase 2.5 mg	**
Cocarboxylase 2.5 mg	**
Pantethine 2.5 mg	**
Pyridoxal-5'-Phosphate 2.5 mg	**
Riboflavin-5'-Phosphate 2.5 mg	**
Boron (as boron citrate, aspartate, glycinate chelate complex) 1 mg	**
Carotenoid Mix 172 mcg (alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	**

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