



††Naturally occurring

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

For more information, call toll-free, 1-877-SOLGAR 4

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†Some iron supplements cause gastrointestinal irritation and constipating effects. This unique form of chelated iron (from bisglycinate) is formulated for enhanced absorption and is gentle on your system. Albon® is a registered trademark of Albon Laboratories, Inc.

Since  1947

EARTH SOURCE®

MULTI-NUTRIENT

Contains Whole Herb Concentrate
Nature's Energy

DIETARY SUPPLEMENT
180 TABLETS
Suitable for Vegans

Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 60

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories.....5		Potassium.....50 mg	1%
Total Carbohydrate.....2 g	1%*	(as potassium chloride)	
Vitamin A.....4,500 mcg	500%	Spirulina.....1 g	**
(from natural beta-carotene)		Flax, Borage, Sunflower Seed.....200 mg	**
Vitamin C.....1,000 mg	1,111%	Oil Powder Blend	
(as calcium ascorbate)		Chlorella (from broken cell wall).....100 mg	**
Vitamin D (as D2 ergocalciferol).....10 mcg (400 IU)	50%	Citrus Bioflavonoid Complex.....100 mg	**
Vitamin E.....167.5 mg	1,117%	Wheat Grass Powder.....100 mg	**
(as d-alpha tocopheryl succinate)		Barley Grass Powder.....100 mg	**
Thiamin.....25 mg	2,083%	Active Herbal Blend.....112 mg	**
(as thiamin mononitrate)		(eleuthero [root], ginkgo biloba [leaf], echinacea	
Riboflavin.....25 mg	1,923%	[aerial], milk thistle [seed], ginger [root], cayenne [fruit])	
Niacin (as niacinamide, niacin).....25 mg	156%	Rutin.....50 mg	**
Vitamin B6 (as pyridoxine HCl).....25 mg	1,471%	Apple Pectin.....25 mg	**
Folate.....667 mcg DFE	167%	Inositol.....25 mg	**
(400 mcg folic acid)		Oat Fiber.....25 mg	**
Vitamin B12.....250 mcg	10,417%	Quercetin Dihydrate.....25 mg	**
(as cyanocobalamin)		Betaine (as betaine HCl).....20 mg	**
Biotin.....50 mcg	167%	Bromelain.....20 mg	**
Pantothenic Acid.....25 mg	500%	(from pineapple - 40 GDU†††)	
(as D-Ca pantothenate)		Papain (from papaya).....20 mg	**
Choline.....21 mg	4%	Dehydrated Garlic Powder (bulb).....10 mg	**
(as choline bitartrate)		Hesperidin Complex.....10 mg	**
Calcium.....250 mg	19%	Amylase.....5 mg	**
(as calcium carbonate, calcium ascorbate,		L-Glutathione.....5 mg	**
calcium citrate, D-Ca pantothenate)		Lipase.....5 mg	**
Iron.....18 mg	100%	Chlorophyllin.....4 mg	**
(as iron bisglycinate chelate†)		Cellulose.....2.5 mg	**
Iodine (as potassium iodide).....150 mcg	100%	Coccarboxylase.....2.5 mg	**
Magnesium.....125 mg	30%	Pantethine.....2.5 mg	**
(as magnesium oxide, magnesium citrate)		Pyridoxal-5'-Phosphate.....2.5 mg	**
Zinc (as zinc picolinate).....15 mg	136%	Riboflavin-5'-Phosphate.....2.5 mg	**
Selenium (as L-selenomethionine).....25 mcg	45%	Boron (as boron citrate).....1 mg	**
Copper (as copper gluconate).....0.5 mg	56%	aspartate, glycinate chelate complex)	
Manganese.....4 mg	174%	Carotenoid Mix.....172 mcg	**
(as manganese gluconate)		(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
Chromium.....100 mcg	286%		
(as chromium picolinate)			
Molybdenum.....50 mcg	111%		
(as molybdenum amino acid chelate†)			
Sodium ††.....25 mg	1%		

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

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.