

Carefully Manufactured by:
Solgar, Inc., 500 Willow Tree Road,
Leonia, NJ 07605 U.S.A.

Prod 1028 SOLGB78146X3 03C
14-10650X03S

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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

1-877-SOLGAR 4

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SN1 GB78146Y3 03C

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14-10650X35

STOP PEELING HERE

Serving Size: 3 Tablets

Servings Per Container: 20

Amount Per Serving		%DV	Amount Per Serving		%DV
Calories	5		Sodium ††	25 mg	1%
Total Carbohydrate	2 g	1%	Potassium	50 mg	1%
Vitamin A	4,500 mg	500%	(as potassium chloride)		
(from natural beta-carotene)			Spirulina	1 g	**
Vitamin C	1,000 mg	1,111%	Flax, Borage,	200 mg	**
(as sodium ascorbate)			Sunflower Seed		
Vitamin D	10 mcg (400 IU)	50%	Oil Powder Blend		
(as D2 ergocalciferol)			Chlorella	100 mg	**
Vitamin E	167.5 mg	1,117%	(from broken cell wall)		
(as alpha-tocopheryl succinate)			Citrus	100 mg	**
Thiamin	25 mg	2,083%	Electronized Complex		
(as thiamin mononitrate)			Wheat Germ Powder	100 mg	**
Riboflavin	25 mg	1,923%	Baker's Yeast	100 mg	**
Niacin	25 mg	156%	Active Herbal Blend	112 mg	**
(as niacinamide, niacin)			(dehydrated root, prikop bibba		
Vitamin B6	25 mg	1,471%	(leaf, echinacea, reishi, milk thistle		
(as pyridoxine HCl)			(seed), ginger (root), cayenne (fruit))		
Folate	667 mcg DFE	167%	Rutin	50 mg	**
(as folic acid)			Apple Pectin	25 mg	**
Vitamin B12	250 mcg	10,417%	Inositol	25 mg	**
(as cyanocobalamin)			Quercetin	25 mg	**
Biotin	10 mcg	167%	Oat Fiber	25 mg	**
(as D-biotin)			Croscellan Dihydrate	25 mg	**
Choline	25 mg	500%	Betaine	20 mg	**
(as choline bitartrate)			(as betaine HCl)		
Calcium	250 mg	4%	Bromelain	20 mg	**
(as calcium carbonate, calcium			(from pineapple - 40 GDU/111)		
ascorbate, calcium citrate,			Polypodium	10 mg	**
D-Ca pantothenate)			Dehydrated Garlic	10 mg	**
(as choline bitartrate)			Powder (bulb)		
Iron	18 mg	100%	Hesperidin Complex	10 mg	**
(as iron bisglycinate chelater)			Amayase	5 mg	**
Iodine	150 mcg	100%	L-Glutathione	5 mg	**
(as potassium iodide)			Lipase	5 mg	**
Magnesium	125 mg	30%	Chlorophyllin	4 mg	**
(as magnesium oxide)			Cellulase	2.5 mg	**
Zinc	15 mg	136%	Coccolayase	2.5 mg	**
(as zinc picolinate)			Pyridoxal 5'-Phosphate	2.5 mg	**
Selenium	25 mcg	45%	Riboflavin 5'-Phosphate	2.5 mg	**
(as L-selenomethionine)			Boron (as boron citrate)	1 mg	**
Copper	0.3 mg	56%	Aspartic Glycinate (complex)	172 mg	**
(as copper gluconate)			(alpha and beta-carotene)		
Manganese	4 mg	174%	lutein, zaxanthin, cryptoxanthin)		
(as manganese gluconate)					
Chromium	100 mcg	286%			
(as chromium picolinate)					
Molybdenum	50 mcg	111%			
(as molybdenum amino acid chelater)					

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.