



Solovite® Iron-Free Multivitamin/Multimineral Tablets

Solovite® Iron-Free Multivitamin/Multimineral Tablets is one of Solgar's premium-quality multiples.*

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Solovite® Iron-Free Multivitamin/Multimineral Tablets:

UPC	Quantity	Vegetarian	Kosher
033984026216	60	No	No
033984026223	90	No	No

*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.

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Stearic Acid, Titanium Dioxide, Vegetable Glycerin, Chlorophyll (color).

SUGGESTED USE: As a dietary supplement for adults, take one (1) tablet daily, preferably at mealtimes, 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.

IMPORTANT INFORMATION: Long term use of high levels of preformed Vitamin A (retinol) may increase the risk of bone fractures. Do not take this product if taking other Vitamin A containing supplements.

Supplement Facts

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	5	Iodine	100 mcg 67%
Total Carbohydrate	<1 g <1*	(as potassium iodide)	
Vitamin A	5,000 IU 100%	Magnesium	0.4 mg <1%
(as palmitate 2,500 IU, 50%		(as magnesium gluconate)	
[2,500 IU] as natural beta-carotene)		Zinc	0.2 mg 1%
Vitamin C	150 mg 250%	(as zinc gluconate)	
(as L-ascorbic acid)		Manganese	0.7 mg 35%
Vitamin D	400 IU 100%	(as manganese gluconate)	
(as cholecalciferol)		Citrus Bioflavonoids	25 mg **
Vitamin E	150 IU 500%	Betaine HCl	25 mg **
(as D-alpha-tocopheryl succinate)		(from beets)	
Thiamin	25 mg 1667%	Inositol	25 mg **
(as thiamin mononitrate)		Rutin	25 mg **
Riboflavin	25 mg 1471%	(from Diosphandra mollis [fruit])	
Niacin	100 mg 500%	Choline	10 mg **
(as niacinamide)		(as choline bitartrate)	
Vitamin B6	25 mg 1250%	L-Lysine HCl	10 mg **
(as pyridoxine HCl)		Hesperidin	5 mg **
Folic Acid	100 mcg 25%	Carotenoid Mix	29 mcg **
Vitamin B12	100 mcg 1667%	(alpha-carotene, lutein, zeaxanthin, cryptoxanthin)	
(as cobalamin)		Natural Powdered Blend	7 mg **
Biotin	20 mcg 7%	(Aitella [whole-plant], Acerola [berry], Kelp [whole-plant], Parsley [aerial], Rose Hips [fruit], Watercress [whole-plant])	
Pantothenic Acid	50 mg 500%		
(as D-Ca pantothenate)			
Calcium	32 mg 3%		
(as calcium oxide from bone meal)			
Iron	0 mg 0%		
Phosphorus	13 mg 1%		
(as phosphorus oxide from bone meal)			

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

**Daily Value (DV) not established.