

120 VegCaps



**IRON FREE**

# ONCE DAILY High Energy multivitamin

DIETARY SUPPLEMENT

# SOLARAY®



**WARNING:** Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product. Do not use if you are pregnant or nursing.

**Directions:** Use only as directed. Take one VegCap daily with a meal or glass of water. Store in a cool, dry place.

## Supplement Facts Serving Size 1 VegCap

|                                                                                                                                                                                                                       | Amount Per Serving | % Daily Value |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|---------------|
| Vitamin A (as Beta Carotene, Retinyl Palmitate)<br>(Supplying 25,000 IU of Vitamin A)                                                                                                                                 | 7,500 mcg          | 833%          |
| Vitamin C (as Ascorbic Acid, Rose Hips, Acerola Cherry)                                                                                                                                                               | 75 mg              | 83%           |
| Vitamin D (as Cholecalciferol) (D-3) (Supplying 400 IU of Vitamin D)                                                                                                                                                  | 10 mcg             | 50%           |
| Vitamin E (as Natural Source d-Alpha-Tocopheryl Succinate)<br>(Supplying 100 IU of Vitamin E)                                                                                                                         | 67 mg              | 447%          |
| Thiamine (as Thiamine Mononitrate) (B-1)                                                                                                                                                                              | 5 mg               | 417%          |
| Riboflavin (B-2)                                                                                                                                                                                                      | 5 mg               | 385%          |
| Niacin (as Niacinamide) (B-3)                                                                                                                                                                                         | 25 mg              | 156%          |
| Vitamin B-6 (as Pyridoxine HCl)                                                                                                                                                                                       | 5 mg               | 294%          |
| Folic Acid                                                                                                                                                                                                            | 680 mcg            | 170%          |
| Vitamin B-12 (as Cyanocobalamin)                                                                                                                                                                                      | 25 mcg             | 1,042%        |
| Biotin                                                                                                                                                                                                                | 10 mcg             | 33%           |
| Pantothenic Acid (as Calcium Pantothenate)                                                                                                                                                                            | 25 mg              | 500%          |
| Calcium (as Calcium Aspartate <sup>™</sup> **, Calcium Carbonate)                                                                                                                                                     | 10 mg              | <1%           |
| Iodine (from Kelp)                                                                                                                                                                                                    | 22.5 mcg           | 15%           |
| Magnesium (as Magnesium Aspartate <sup>™</sup> **, Magnesium Oxide)                                                                                                                                                   | 5 mg               | 1%            |
| Zinc (as Zinc Aspartate <sup>™</sup> **)                                                                                                                                                                              | 1.5 mg             | 14%           |
| Selenium (as Selenomethionine)                                                                                                                                                                                        | 1 mcg              | 2%            |
| Copper (as Copper Aspartate <sup>™</sup> **)                                                                                                                                                                          | 0.05 mg            | 6%            |
| Manganese (as Manganese Aspartate <sup>™</sup> **)                                                                                                                                                                    | 0.5 mg             | 22%           |
| Chromium (as Chromium Aspartate <sup>™</sup> **)                                                                                                                                                                      | 2 mcg              | 6%            |
| Potassium (as Potassium Aspartate <sup>™</sup> **)                                                                                                                                                                    | 5 mg               | <1%           |
| Choline (from Choline Bitartrate)                                                                                                                                                                                     | 7.8 mg             | 1%*           |
| PABA (Para-Aminobenzoic Acid)                                                                                                                                                                                         | 25 mg              | *             |
| Inositol                                                                                                                                                                                                              | 20 mg              | *             |
| Whole Food and Herb Base                                                                                                                                                                                              | 93 mg              | *             |
| Whole Rice Concentrate (including bran, polishings and germ), Alfalfa (leaf), Watercress (leaf), Chamomille (flowering tops), Carrot Juice, Horsetail (aerial), Yellow Dock (root), Parsley (leaf), Dandelion (root). |                    |               |

\*Daily Value not established.

**Other Ingredients:** Vegetable Cellulose Capsule, Magnesium Stearate and Silica.

\*\*Aspartate<sup>™</sup> denotes Aspartate, Citrate, Orotate.

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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[www.nutrafamily.com](http://www.nutrafamily.com)

### Comments or Questions:

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