

90 VEGCAPS
DIETARY SUPPLEMENT

+ Hair, Skin, Nails+
+ Digestion+

ONCE DAILY WOMAN MULTIVITAMIN

Solaray®
EST. 1973



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. Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. In case of accidental overdose, call a doctor or poison control center immediately.

Directions: Use only as directed. Take 1 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
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Vitamin A (as Natural Beta Carotene)	1,500 mcg RAE	167%
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Vitamin C (as ascorbic acid, from Rose Hips, Acerola Berry*)	100 mg	111%
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Vitamin D (as Cholecalciferol) (D-3)	25 mcg	125%
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Vitamin E (as Natural-Source d-alpha Tocopherol Succinate)	52 mg	347%
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Vitamin K	80 mcg	67%
Thiamine (as Thiamine Mononitrate) (B-1)	5 mg	417%

Riboflavin (B-2)	5 mg	385%
Niacin (as Niacinamide) (B-3)	20 mg	125%

Vitamin B-6 (as Pyridoxine HCl)	5 mg	294%
Folate (470 mcg Folic Acid)	800 mcg DFE	200%

Vitamin B-12 (as Cyanocobalamin)	100 mcg	4,167%
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Biotin	1,000 mcg	3,333%
Pantothenic Acid (from Calcium d-Pantothenate)	10 mg	200%

Choline (from Choline Bitartrate)	20 mg	4%
Calcium (from Calcium Ascorbate***)	10 mg	<1%

Iron (from Ferrous Fumarate)	18 mg	100%
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Iodine (from Potassium Iodide)	150 mcg	100%
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Other Ingredients: Vegetable Cellulose Capsule, Magnesium Stearate, Silica, Sodium Alginate, Pea Starch, Cellulose and Tricalcium Phosphate.

**Ascorbate™ denotes Aspartate, Citrate, Orotate (milk, soy).

Supplement Facts Serving Size 1 VegCap

	Amount Per Serving	% Daily Value
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Magnesium (from Magnesium Aspartate™**)	5 mg	1%
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Zinc (from Zinc Aspartate™**)	5 mg	45%
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Selenium (as Selenomethionine)	70 mcg	127%
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Copper (from Copper Aspartate™**)	1 mg	111%
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Manganese (from Manganese Aspartate™**)	2 mg	87%
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Chromium (from Chromium Aspartate™**)	120 mcg	343%
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Molybdenum (from Molybdenum Aspartate™**)	75 mcg	167%
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Potassium (from Potassium Aspartate™**)	5 mg	<1%
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Inositol	20 mg	*
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Hair, Skin & Nails Blend	150 mg	*
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MSM
(Methylsulfonylmethane),
L-Cysteine, L-Methionine

Proprietary Enzyme Blend	50 mg	*
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Amylase, Protease, Lipase,
Bromelain, Lactase,
Cellulase, Xylanase,
Pectinase, Phytase,
B-Glucanase, B-Glucosidase

Lutein (from Marigold Flower Extract)	1 mg	*
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Whole Food Base	50 mg	*
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Whole Rice Concentrate,
Tomato, Broccoli, Carrot

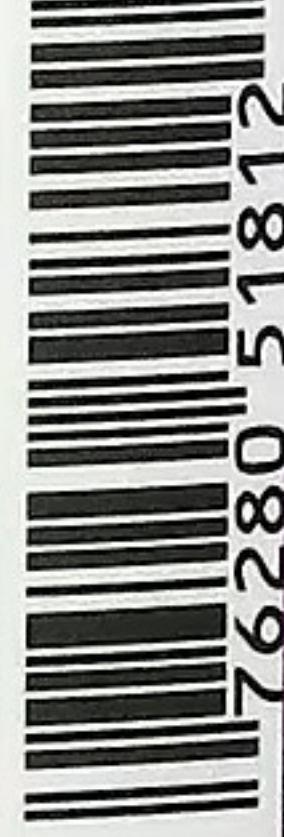
ABA (Para-Aminobenzoic Acid)	20 mg	*
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*Daily Value not established.

Mfd. by Nutraceutical Corp.

www.nutraceutical.com

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