

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.

Solgar's KOF-K certification #K-1250

† U.S. patent No's 6,706,904 and 6,716,814 are licensed by Albion International, Inc.

†† 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. U.S. patent No's 6,706,904 and 6,716,814 are licensed by Albion International, Inc.

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**MULTIPLE VITAMINS
WITH
CHELATED MINERALS**

DIETARY SUPPLEMENT

90 TABLETS
SUITABLE FOR VEGETARIANS
GLUTEN, WHEAT & DAIRY FREE



Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A 7500 IU 150%		Calcium 20 mg 2%		Potassium 1.8 mg<1%	
(as natural beta-carotene)		(as calcium carbonate,		(as potassium amino acid complex†)	
Vitamin C 250 mg 417%		amino acid chelate†)		Inositol 75 mg*	
(as niacinamide ascorbate,		Iron 1.3 mg 7%		Choline 31 mg*	
L-ascorbic acid)		(as iron bisglycinate chelate††)		(as choline bitartrate)	
Vitamin D 400 IU 100%		Iodine (from kelp) 150 mcg 100%		Rutin 37.5 mg*	
(as ergocalciferol)		Magnesium 10 mg 3%		Citrus Bioflavonoid 25 mg*	
Vitamin E 150 IU 500%		(as glycinate amino acid		Complex	
(as d-alpha tocopheryl		chelate†, magnesium oxide)		Betaine HCl 25 mg*	
succinate)		Zinc 10 mg 67%		Hesperidin 8.5 mg*	
Thiamin 75 mg 5000%		(as glycinate amino acid		Boron 0.5 mg*	
(as thiamin mononitrate)		chelate†, zinc oxide)		(as boron amino acid complex†)	
Riboflavin 75 mg 4412%		Selenium 25 mcg 36%		Carotenoid Mix 86 mcg*	
Niacin 75 mg 375%		(as L-selenomethionine)		(alpha and beta-carotene,	
(as niacinamide ascorbate)		Copper 1 mg 50%		lutein, zeaxanthin, cryptoxanthin)	
Vitamin B6 75 mg 3750%		(as glycinate amino acid chelate†)		Powdered Blend 4 mg*	
(as pyridoxine HCl)		Manganese 1 mg 50%		(Alfalfa [leaf and stem],	
Folic Acid 400 mcg 100%		(as glycinate amino acid chelate†)		Acerola Complex [fruit],	
Vitamin B12 75 mcg 1250%		Chromium 25 mcg 21%		Parsley [leaf and stem],	
(as cobalamin)		(as chromium nicotinate		Rose Hips [fruit], Watercress [leaf]).	
Biotin 75 mcg 25%		amino acid chelate†)			
Pantothenic Acid 75 mg 750%		Molybdenum 25 mcg 33%			
(as d-calcium pantothenate)		(as glycinate amino acid chelate†)			

*Daily Value (DV) not established

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

FREE OF: Wheat, Dairy, Yeast, Sugar, Sodium, Artificial Flavor and Preservatives.

SUGGESTED USE: As a dietary supplement for adults, take one (1) tablet daily, preferably with a meal or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

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CAREFULLY MANUFACTURED BY:
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