WARNING: Accidental overdose of ironcontaining 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.



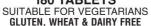


MULTIPLE VITAMINS WITH CHELATED MINERALS

DIETARY SUPPLEMENT

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Supplement Facts Corrign Size: 1 Tablet

Serving Size: 1 Tablet		
Amount Per Serving %DV	Amount Per Serving %DV	Amount Per Serving %D
Vitamin A7500 IU150% (as natural beta-carotene) Vitamin C250 mg417% (as niacinamide ascorbate.	Iron7% (as iron bisglycinate chelate††) Iodine (from kelp)150 mcg100%	(as potassium amino acid complex†)
Lascorbia acid) Vitamin D	Magnessium 10 mg 3% (as glycinate amino adi dhelate†, amagnesium oxide) Zinc	Inositol. 75 mg. Choline 31 mg. (as choline bitartrate) Futin. 37 s mg. Citrus Bioflavonoid. 25 mg. Complex Betaine HCI. 25 mg. Hesperidin. 8.5 mg. Beron. 30 mg. (as boron amino add complex) (arbotanoid Mix. 36 mg. (alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin) Powdered Blend. 4 mg. (/Alfalfa [leaf and stem], Acerola Complex [futil, Parsley [leaf and stem], Parsey Hiss firm fittil
amino acid chelate†)	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: Gluten, 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.

