

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

180 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 IU150% (as natural beta-carotene)		Iron.....1.3 mg.....7% (as iron bisglycinate chelate††)		Potassium1.8 mg<1% (as potassium amino acid complex†)	
Vitamin C.....250 mg417% (as niacinamide ascorbate, L-ascorbic acid)		Iodine (from kelp)150 mcg...100%		Inositol.....75 mg*	
Vitamin D400 IU100% (as ergocalciferol)		Magnesium10 mg.....3% (as glycinate amino acid chelate†, magnesium oxide)		Choline.....31 mg*	
Vitamin E.....150 IU500% (as d-alpha tocopheryl succinate)		Zinc.....10 mg.....67% (as glycinate amino acid chelate†, zinc oxide)		Rutin.....37.5 mg*	
Thiamin75 mg5000% (as thiamin mononitrate)		Selenium25 mcg.....36% (as L-selenomethionine)		Citrus Bioflavonoid25 mg*	
Riboflavin75 mg4412%		Copper1 mg.....50% (as glycinate amino acid chelate†)		Complex	
Niacin.....75 mg375% (as niacinamide ascorbate)		Manganese1 mg.....50% (as glycinate amino acid chelate†)		Betaine HCl.....25 mg*	
Vitamin B6.....75 mg3750% (as pyridoxine HCl)		Chromium25 mcg21% (as chromium nicotinate amino acid chelate†)		Hesperidin8.5 mg*	
Folic Acid400 mcg100%		Molybdenum.....25 mcg.....33% (as glycinate amino acid chelate†)		Boron.....0.5 mg*	
Vitamin B12.....75 mcg1250% (as cobalamin)				(as boron amino acid complex†)	
Biotin75 mcg25%				Carotenoid Mix86 mcg*	
Pantothenic Acid.....75 mg750% (as d-calcium pantothenate)				(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
Calcium.....20 mg2% (as calcium carbonate, amino acid chelate†)				Powdered Blend.....4 mg*	
				(Alfalfa [leaf and stem], Acerola Complex [fruit], Parsley [leaf and stem], Rose Hips [fruit], Watercress [leaf]).	

*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.

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CAREFULLY MANUFACTURED BY:
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