

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.

**RICH IN
ANTIOXIDANT
VITAMINS C & E**

SOLGAR®
Since 1947

FORMULA VTM VM - 75[®]

**MULTIPLE VITAMINS
WITH
CHELATED MINERALS**

DIETARY SUPPLEMENT

360 TABLETS
SUITABLE FOR VEGETARIANS
GLUTEN, WHEAT & DAIRY FREE



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.

For more information, call toll-free
1-877-SOLGAR 4
www.solgar.com
©2014 Solgar, Inc.

Supplement Facts

Serving Size: 1 Tablet

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

SOLGB78128 03C

CAREFULLY MANUFACTURED BY:
SOLGAR, INC., 500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.

