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RICH IN
ANTIOXIDANT
VITAMINS C & E

SOLGAR®
Since 1947

FORMULA V™ VM-2000®
2000

MULTINUTRIENT FORMULA
DIETARY SUPPLEMENT
30 TABLETS
SUITABLE FOR VEGETARIANS
WHEAT & DAIRY FREE



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

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Supplement Facts

Serving Size: 2 Tablets
Servings Per Container: 15

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A.....20,000 IU.....100%		Molybdenum.....50 mcg.....67%	
(as 100% beta-carotene)		(as molybdenum)	
Vitamin C.....300 mg.....500%		glycinate amino acid chelate†	
(as calcium ascorbate)		Potassium.....10 mg.....<1%	
Vitamin D.....400 IU.....100%		(as potassium chloride, amino acid chelate)	
(as ergocalciferol)			
Vitamin E.....200 IU.....86%			
(as d-alpha-tocopherol succinate)			
(as thiamin mononitrate).....666%			
Riboflavin.....100 mg.....100%			
(as thiamin mononitrate).....500%			
Niacin.....500 mg.....100%			
(as niacinamide, niacin) Vitamin B6.....90 mcg.....4500%			
(as pyridoxine HCl)			
Folic Acid.....400 mcg.....100%			
Vitamin B12.....100 mcg.....166%			
(as cobalamin)			
Biotin.....100 mcg.....33%			
Panthenol.....100 mcg.....100%			
(as pantothenic acid)			
Calcium.....65 mg.....7%			
(as calcium ascorbate, glycinate amino acid chelate†, d-calcium pantothenate, dicalcium phosphate, carbonate)			
Iron.....10 mg.....56%			
(as ferrous sulfate, sulfate)			
Copper.....1 mg.....100%			
(as cuprous oxide)			
Magnesium.....30 mg.....8%			
(as magnesium oxide, glycinate amino acid chelate†)			
Zinc.....15 mg.....100%			
(as zinc oxide, glycinate amino acid chelate†)			
Selenium.....25 mcg.....36%			
(as L-selenomethionine)			
Copper.....1.5 mg.....75%			
(as cuprous oxide, glycinate amino acid chelate†)			
(as cuprous oxide, glycinate amino acid chelate†)			
Chromium.....25 mcg.....21%			
(as chromium picolinate, nicotinate glycinate chelate†)			

* Daily Value (DV) not established

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Vegetable Stearic Acid, Silica, Vegetable Magnesium Stearate, Vegetable Glycerin, Mannitol, Maltodextrin.

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

SUGGESTED USE: As a dietary supplement for adults, take two (2) tablets daily, preferably with a meal or as directed by a healthcare practitioner.

Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Avoid this product if you are allergic to sunflower or daisy-like flowers. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Not intended for use by persons under the age of 18. Store at room temperature. Do not use if inner seal is missing or damaged.

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

† US Patent No. s. 6,706,904 and 6,716,814 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. US Patent No. s. 6,706,904 and 6,716,814 licensed by Albion International, Inc.

Note: L-Tryptophan is naturally occurring.

For more information, call toll-free 1-877-SOLGAR 4
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