RICH IN ANTIOXIDANT VITAMINS C & E

SOLGAR® Since 1947

FORMULA VM-2000™

2000

MULTINUTRIENT FORMULA
DIETARY SUPPLEMENT

60 TABLETS

SUITABLE FOR VEGETARIANS
WHEAT & DAIRY FREE

PARVE

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: 30

Amount Per Serving	%DV
Vitamin A .....20,000 IU (as 100% beta-carotene)	400%
Vitamin C .....300 mg (as calcium ascorbate)	500%
Vitamin D .....400 IU (as ergocalciferol)	100%
Vitamin E .....200 IU (as d-alpha-tocopheryl succinate)	667%
Thiamin .....100 mg (as thiamin mononitrate)	6667%
Riboflavin .....100 mg	5882%
Niacin .....100 mg (as niacinamide, niacin)	500%
Vitamin B6.....90 mg (as pyridoxine HCl)	4500%
Folic Acid .....400 mcg	100%
Vitamin B12.....100 mcg (as cobalamin)	1667%
Biotin .....100 mcg	33%
Pantothenic Acid .....100 mg (as d-calcium pantothenate)	1000%
Calcium .....65 mg (as calcium ascorbate, glycinate amino acid chelate†, d-calcium pantothenate, dicalcium phosphate, carbonate)	7%
Iron (as ferrous.....10 mg sulfate, bisglycinate††)	56%
Iodine .....150 mcg (as potassium iodide)	100%
Magnesium .....30 mg (as magnesium oxide, glycinate amino acid chelate†)	8%
Zinc (as zinc oxide, ...15 mg glycinate amino acid chelate†)	100%
Selenium .....25 mcg (as L-selenomethionine)	36%
Copper .....1.5 mg (as copper gluconate, glycinate amino acid chelate†)	75%
Manganese .....2 mg (as manganese gluconate, glycinate amino acid chelate†)	100%
Chromium.....25 mcg (as chromium picolinate, nicotinate glycinate chelate†)	21%

Amount Per Serving	%DV
Molybdenum.....50 mcg (as molybdenum glycinate amino acid chelate†)	67%
Potassium .....10 mg (as potassium chloride, amino acid chelate†)	<1%
Inositol.....100 mg	*
Choline .....41 mg (as choline bitartrate)	*
Citrus Bioflavonoid.....25 mg Complex	*
Betaine HCl.....25 mg	*
Pyridoxal-5'- .....20 mg Phosphate	*
Soy Lecithin .....20 mg	*
L-Glutathione .....5 mg	*
Boron (as boron.....1 mg amino acid complex)	*
Carotenoid Mix .....229 mcg (alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	*
Whole Food/Herbal .....260 mg Blend Complex (Alfalfa [leaf and stem], Rose Hips (fruit), Citrus Bioflavonoid Complex, Rutin, Dong Quai, [root], Eleuthero [root], Oat Fiber, Suma [root], Watercress [leaf], Echinacea Purpurea [root], Parsley [leaf and stem], Spirulina, Hesperidin Complex)	*
Soy Protein Isolate .....200 mg	*
Providing: L-Glutamic Acid, L-Aspartic Acid, L-Leucine, L-Arginine, L-Lysine, L-Phenylalanine, L-Serine, L-Proline, L-Valine, L-Isoleucine, L-Alanine, Glycine, L-Threonine, L-Tyrosine, L-Histidine, L-Tryptophan, L-Cysteine, L-Methionine	

*Daily Value (DV) not established

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

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

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.

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

Preservatives.

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

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 medication, 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 sunflowers 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.