

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



**MULTINUTRIENT FORMULA**

**DIETARY SUPPLEMENT**

**180 TABLETS  
SUITABLE FOR VEGETARIANS  
WHEAT & DAIRY FREE**



## Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 90

| Amount Per Serving                                                                                                                                 | %DV | Amount Per Serving                                                                        | %DV | Amount Per Serving                                                                                                                                                                                                                                                   | %DV |
|----------------------------------------------------------------------------------------------------------------------------------------------------|-----|-------------------------------------------------------------------------------------------|-----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| Vitamin A.....20,000 IU.....400%<br>(as 100% beta-carotene)                                                                                        |     | Iodine (as potassium iodide).....150 mcg.....100%                                         |     | Betaine HCl.....25 mg.....*                                                                                                                                                                                                                                          |     |
| Vitamin C.....300 mg.....500%<br>(as calcium ascorbate)                                                                                            |     | Magnesium.....30 mg.....8%<br>(as magnesium oxide,<br>glycinate amino acid chelate†)      |     | Pyridoxal-5'-Phosphate.....20 mg.....*                                                                                                                                                                                                                               |     |
| Vitamin D.....400 IU.....100%<br>(as ergocalciferol)                                                                                               |     | Zinc (as zinc oxide).....15 mg.....100%<br>glycinate amino acid chelate†)                 |     | Soy Lecithin.....20 mg.....*                                                                                                                                                                                                                                         |     |
| Vitamin E.....200 IU.....667%<br>(as d-alpha-tocopheryl succinate)                                                                                 |     | Selenium.....25 mcg.....36%<br>(as L-selenomethionine)                                    |     | L-Glutathione.....5 mg.....*                                                                                                                                                                                                                                         |     |
| Thiamin.....100 mg.....6667%<br>(as thiamin mononitrate)                                                                                           |     | Copper.....1.5 mg.....75%<br>(as copper gluconate,<br>glycinate amino acid chelate†)      |     | Boron.....1 mg.....*                                                                                                                                                                                                                                                 |     |
| Riboflavin.....100 mg.....5882%                                                                                                                    |     | Manganese.....2 mg.....100%<br>(as manganese gluconate,<br>glycinate amino acid chelate†) |     | (as boron amino acid complex)                                                                                                                                                                                                                                        |     |
| Niacin.....100 mg.....500%<br>(as niacinamide, niacin)                                                                                             |     | Chromium.....25 mcg.....21%<br>(as chromium picolinate,<br>nicotinate glycinate chelate†) |     | Carotenoid Mix.....229 mcg.....*                                                                                                                                                                                                                                     |     |
| Vitamin B6.....90 mg.....4500%<br>(as pyridoxine HCl)                                                                                              |     | Molybdenum.....50 mcg.....67%<br>(as molybdenum<br>glycinate amino acid chelate†)         |     | (alpha and beta-carotene,<br>lutein, zeaxanthin, cryptoxanthin)                                                                                                                                                                                                      |     |
| Folic Acid.....400 mcg.....100%<br>(as cobalamin)                                                                                                  |     | Potassium.....10 mg.....<1%<br>(as potassium chloride,<br>amino acid chelate†)            |     | Whole Food/Herbal.....260 mg.....*                                                                                                                                                                                                                                   |     |
| Vitamin B12.....100 mcg.....1667%                                                                                                                  |     | Inositol.....100 mg.....*                                                                 |     | Blend Complex                                                                                                                                                                                                                                                        |     |
| Biotin.....100 mcg.....33%                                                                                                                         |     | Choline.....41 mg.....*                                                                   |     | (Alfalfa [leaf and stem], Rose Hips<br>[fruit], Citrus Bioflavonoid Complex,<br>Rutin, Dong Quai [root], Eleuthero<br>[root], Oat Fiber, Suma [root],<br>Watercress [leaf], Echinacea Purpurea<br>[root], Parsley [leaf and stem],<br>Spirulina, Hesperidin Complex) |     |
| Pantothenic Acid.....100 mg.....1000%<br>(as d-calcium pantothenate)                                                                               |     | Citrus Bioflavonoid Complex.....25 mg.....*                                               |     | Soy Protein Isolate.....200 mg.....*                                                                                                                                                                                                                                 |     |
| Calcium.....65 mg.....7%<br>(as calcium ascorbate,<br>glycinate amino acid chelate†,<br>d-calcium pantothenate,<br>dicalcium phosphate, carbonate) |     |                                                                                           |     | Providing: L-Glutamic Acid,<br>L-Aspartic Acid, L-Leucine,<br>L-Arginine, L-Lysine, L-Phenylalanine,<br>L-Serine, L-Proline, L-Valine,<br>L-Isoleucine, L-Alanine, Glycine,<br>L-Threonine, L-Tyrosine, L-Histidine,<br>L-Tryptophan, L-Cysteine, L-Methionine       |     |
| Iron.....10 mg.....56%<br>(as ferrous sulfate, bisglycinate††)                                                                                     |     |                                                                                           |     |                                                                                                                                                                                                                                                                      |     |

\*Daily Value (DV) not established

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

