

Other Ingredients: Vegetable Cellulose, Silica, Vegetable Magnesium Stearate. Contains soy.

SUGGESTED USE: As a dietary supplement for adults, take two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

Keep out of reach of children.

PHENYLKETONURICS: CONTAINS PHENYLALANINE.

Solgar® Multi II Vegetable Capsules are free of yeast, wheat, gluten and dairy products and are formulated without the use of artificial preservatives, flavors or colors.

To assure freshness and potency, store at room temperature 59°-86°F (15°-30°C). Store away from heat, light and moisture.

Solgar's KOF-K certification #K-1250

DO NOT USE IF OUTER BOTTLE SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY.

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

MULTI II
VEGETABLE
CAPSULES

MULTIVITAMIN AND
CHELATED MINERAL
FORMULATION

DIETARY SUPPLEMENT

180 VEGETABLE CAPSULES
SUGAR, SALT AND STARCH FREE



Supplement Facts

Serving Size 2 Vegetable Capsules

Servings Per Container 90

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	5	Chromium (as niacin amino acid chelate).....	20 mcg.....17%
Total Carbohydrate	<1 g.....<1%*	Potassium (as potassium amino acid complex)	2 mg.....<1%
Protein.....	<1 g.....1%*	Inositol.....	50 mg.....**
Vitamin A.....	5,000 IU.....100%	Betaine HCl.....	25 mg.....**
(as palmitate 2,500 IU, 50% [2,500 IU] as natural beta-carotene)		Citrus Bioflavonoid Complex.....	25 mg.....**
Vitamin C (as niacinamide ascorbate)	300 mg.....500%	L-Glutamic Acid.....	25 mg.....**
Vitamin D (as cholecalciferol)	400 IU.....100%	Rutin.....	25 mg.....**
Vitamin E (as D-alpha-tocopheryl succinate)	150 IU.....500%	Choline (as choline bitartrate).....	21 mg.....**
Thiamin (as thiamin mononitrate)	100 mg.....6667%	Hesperidin	5 mg.....**
Riboflavin	100 mg.....5882%	Carotenoid Mix	29 mcg.....**
Niacin (as niacinamide ascorbate).....	100 mg.....500%	(alpha carotene, lutein, zeaxanthin, cryptoxanthin)	
Vitamin B6 (as pyridoxine HCl)	100 mg.....5000%	Soy Protein Isolate/	
Folic Acid.....	400 mcg.....100%	Amino Acid Blend.....	140 mg.....**
Vitamin B12 (as cobalamin)	100 mcg.....1667%	(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-Cysteine, L-Methionine, L-Ornithine, Taurine)	
Biotin	50 mcg.....17%	Special Natural	
Pantothenic Acid (as D-Ca pantothenate)	100 mg.....1000%	Powdered Blend.....	20 mg.....**
Calcium	18 mg.....2%	(Alfalfa [whole-plant], Acerola [berry], Kelp [whole-plant], Parsley [aerial], Rose Hips [fruit] and Watercress [whole-plant])	
(as D-Ca pantothenate, glycinate amino acid chelate)			
Iodine (as potassium iodide).....	150 mcg.....100%		
Magnesium (as glycinate amino acid chelate)	1.3 mg.....<1%		
Zinc (as glycinate amino acid chelate)	1.5 mg.....10%		
Selenium (as L-selenomethionine).....	10 mcg.....14%		
Copper (as copper gluconate)	1 mg.....50%		
Manganese	0.61 mg.....31%		
(as glycinate amino acid chelate)			

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value (DV) not established.

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CAREFULLY MANUFACTURED BY:

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