

Solgar's Vitamins Only Vegetable Capsules are free of yeast, wheat, soy, 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.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your doctor if any adverse reactions occur.

Keep out of reach of children.

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

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

Since 1947
**VITAMINS
ONLY**
DIETARY SUPPLEMENT
60 VEGETABLE CAPSULES
SUGAR, SALT AND STARCH FREE



Supplement Facts

Serving Size 1 Vegetable Capsule

Amount Per Serving	%DV	Amount Per Serving	%DV		
Total Carbohydrate	<1 g	<1%*	Vitamin B6 (as pyridoxine HCl).....	50 mg	2500%
Vitamin A.....	5,000 IU	100%	Folic Acid	400 mcg	100%
(as palmitate 2,500 IU			Vitamin B12(as cobalamin)	50 mcg	833%
50% [2,500 IU] as natural beta-carotene)			Biotin.....	50 mcg	17%
Vitamin C	250 mg	417%	Pantothenic Acid	50 mg	500%
(as L-ascorbic acid)			(as D-Ca pantothenate)		
Vitamin D	400 IU	100%	Inositol	50 mg	**
(as cholecalciferol)			Choline (as choline bitartrate).....	21 mg	**
Vitamin E	150 IU	500%	Carotenoid Mix	29 mcg	**
(as D-alpha-tocopheryl succinate)			(alpha-carotene, lutein, zeaxanthin, cryptoxanthin)		
Thiamin	50 mg	3333%			
(as thiamin mononitrate)					
Riboflavin	50 mg	2941%			
Niacin (as niacinamide)	50 mg	250%			

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

** Daily Value (DV) not established.

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

SUGGESTED USE: As a dietary supplement for adults, take one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner.

