

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

90 VEGETABLE CAPSULES
SUGAR, SALT AND STARCH FREE



Supplement Facts

Serving Size 2 Vegetable Capsules
Servings Per Container 45

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	5	Calcium.....	18 mg2%	L-Glutamic Acid	25 mg**
Total Carbohydrate	<1 g.....<1%*	(as D-Ca pantothenate, glycinate amino acid chelate)		Rutin.....	25 mg**
Protein	<1 g.....1%*	Iodine.....	150 mcg100%	Choline (as choline bitartrate)	21 mg**
Vitamin A.....	5,000 IU ...100%	(as potassium iodide)		Hesperidin.....	5 mg**
(as palmitate 2,500 IU, 50% [2,500 IU] as natural beta-carotene)		Magnesium	1.3 mg<1%	Carotenoid Mix.....	29 mcg**
Vitamin C	300 mg ...500%	(as glycinate amino acid chelate)		(alpha carotene, lutein, zeaxanthin, cryptoxanthin)	
(as niacinamide ascorbate)		Zinc.....	1.5 mg10%	Soy Protein Isolate/	
Vitamin D (as cholecalciferol)	400 IU ...100%	(as glycinate amino acid chelate)		Amino Acid Blend	140 mg**
Vitamin E.....	150 IU ...500%	Selenium	10 mcg14%	(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)	
(as D-alpha-tocopheryl succinate)		Copper (as copper gluconate)	1 mg50%	Special Natural	
Thiamin	100 mg .6667%	Manganese	0.61 mg31%	Powdered Blend	20 mg**
(as thiamin mononitrate)		(as glycinate amino acid chelate)		(Alfalfa [whole-plant], Acerola [berry], Kelp [whole-plant], Parsley [aerial], Rose Hips [fruit] and Watercress [whole-plant])	
Riboflavin	100 mg .5882%	Chromium.....	20 mcg17%		
Niacin	100 mg ...500%	(as niacin amino acid chelate)			
(as niacinamide ascorbate)		Potassium.....	2 mg<1%		
Vitamin B6 (as pyridoxine HCl) ..	100 mg .5000%	(as potassium amino acid complex)			
Folic Acid	400 mcg ...100%	Inositol.....	50 mg**		
Vitamin B12 (as cobalamin).....	100 mcg .1667%	Betaine HCl	25 mg**		
Biotin.....	50 mcg17%	Citrus Bioflavonoid Complex.....	25 mg**		
Pantothenic Acid.....	100 mg .1000%				
(as D-Ca pantothenate)					

* 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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