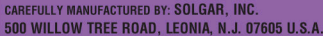


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Serving Size: 2 Tablets
Servings Per Container: 15

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A 15,000 IU	300%	Chromium 100 mcg	83%
(as natural beta-carotene)		(as chromium picolinate)	
Vitamin C 300 mg	500%	Molybdenum 50 mcg	67%
(from Ester-C® as calcium		(as glycinate amino acid chelate)	
magnesium, zinc ascorbates)		Sodium†† 10 mg	<1%
Vitamin D 200 IU	50%	Potassium 10 mg	<1%
(as ergocalciferol)		(as potassium glycine complex)	
Vitamin E 300 IU	100%	Choline 75 mg	*
(as d-alpha-tocopheryl succinate)		(as choline bitartrate)	
Vitamin K 20 mcg	25%	Inositol 75 mg	*
(as phytonadione)		Soy Germ Extract†† 50 mg	*
Thiamin 30 mg	200%	Standardized 50 mg	*
(as thiamin mononitrate)		Turner Extract 50 mg	*
(as flavin mononitrate)		Curcumin Extract 50 mg	*
Niacin 60 mg	300%	(curcuminoids 46.5 mg [93%])	
(as niacinamide, niacin)		Broccoli 50 mg	*
Vitamin B6 50 mg	250%	Cruciferous Extract 50 mg	*
(as pyridoxine HCl)		Prophylactylserine 50 mg	*
Folic Acid 400 mcg	100%	Complex 50 mg	*
Vitamin B12 100 mcg	1667%	(phosphatylserine 10 mg [20%])	
(as cobalamin)		N-Acetyl-L-Cysteine 50 mg	*
Biotin 100 mcg	33%	Citrus 50 mg	*
(as D-biotin)		Biotinonoid Complex 50 mg	*
Pantoic Acid 80 mg	800%	Polyphenols 20 mg	*
(as D-Ca pantothenate)		(from green tea leaf), grape seed and pine bark extracts)	
Vitamin B7 30 mg	4%	Alpha-Lipoic Acid 10 mg	*
(as calcium ascorbate)		Coenzyme Q-10 10 mg	*
(as calcium ascorbate chelate)		Quercetin 10 mg	*
Vitamin B9 9 mg	50%	D-Limonene 3 mg	*
(as trans-bisglycinate chelate)		(from citrus)	
Iodine 150 mcg	100%	O-Carboxy 1 mg	*
(as potassium iodide)		Prophylactylserine 1 mg	*
Magnesium 37 mg	9%	Prophylactylserine 1 mg	*
(as magnesium ascorbate)		Carotenoid M 172 mcg	*
glycinate amino acid chelate†, oxide		Alpha and beta-carotene (alpha, zeaxanthin, cryptoxanthin)	
Zinc 15 mg	100%	Nickel 5 mcg	*
(as glycinate amino acid chelate†, zinc ascorbate)		(as nickel sulfate)	
Selenium 70 mcg	100%	(as vanadyl sulfate)	
(as L-selenomethionine)		Vanadium 5 mcg	*
Copper 1.5 mg	75%	Boron 0.5 mg	*
(as glycinate amino acid chelate†)		(as boron amino acid complex)	
Manganese 2 mg	100%		
(as glycinate amino acid chelate†)			

*Daily Value (DV) not established

SOLGB51293 03C

www.soligar.com

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

††† Not Genetically Modified, Soy from Nature®

†† Naturally occurring.

International, Inc.

† US patent No.s 6,706,904 and 6,716,814 licensed by Albion

Ester-C® is a licensed trademark of The Ester C Company.

[illegible]

Store at room temperature. Do not use if inner seal is missing or damaged. Adverse reactions occur. Not intended for use by persons under the age of 18.

supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Not intended for use by persons under the age of 18.

dition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if you experience any adverse effects.

ications, planning any medical or surgical procedure or have any medical con-

Not intended for use by pregnant or nursing women. If you are taking any med-

FREE OF: gluten, wheat, dairy, sugar, artificial flavor and preservatives.

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doctor or Poison Control Center immediately.

OUT OF REACH OF CHILDREN. In case of accidental overdose, call a

cause of fatal poisoning in children under six. **KEEP THIS PRODUCT**

WARNING: Accidental overdose of iron-containing products is a leading

practitioner.

tablets daily, preferably with a meal or as directed by a healthcare

SUGGESTED USE: As a dietary supplement for adults, take two (2)

[illegible]

Vegetable Glucosin Titration Dioxide Color Monoprotic Maltohextrin

Other ingredients: Methylcellulose, Vegetable Cellulose, Silica, Vegetable Magnesium Stearate, Vegetable Acid Croscollite (cellulose).

[illegible]