

CAREFULLY MANUFACTURED BY:
SOLGAR, INC., 500 WILLOW TREE ROAD
LEONIA, N.J. 07605 U.S.A.
DO NOT USE IF OUTER BOTTLE SEAL IS MISSING,
TORN OR DAMAGED IN ANY WAY.

Since **SOLGAR®** 1947

EARTH SOURCE®

MULTI-NUTRIENT

Providing Whole Food Concentrates
Nature's Energy

DIETARY SUPPLEMENT

90 TABLETS

Suitable for Vegetarians

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories.....15		Citrus Bioflavonoids (from orange) ...100 mg.....**	
Total Carbohydrate3 g.....1%*		Dry Wheat Grass Juice100 mg.....**	
Dietary Fiber1 g.....4%*		Dry Sprouted Barley Juice100 mg.....**	
Protein1 g.....2%*		Dry Flaxseed Oil.....100 mg.....**	
Vitamin A15,000 IU.....300%		Active Herbal Blend.....112 mg.....**	
(100% as natural beta-carotene)		(eleuthero [root], ginkgo biloba	
Vitamin C (as calcium ascorbate)1,000 mg.....1667%		[leaf], echinacea [root], ginger [root],	
Vitamin D (as ergocalciferol)400 IU.....100%		milk thistle [seed], cayenne [fruit])	
Vitamin E250 IU.....833%		Rutin50 mg.....**	
(as D-alpha-tocopheryl succinate)		Apple Pectin25 mg.....**	
Thiamin (as thiamin mononitrate)25 mg.....1667%		Inositol25 mg.....**	
Riboflavin25 mg.....1470%		Oat Bran25 mg.....**	
Niacin (as niacinamide, niacin)25 mg.....125%		Quercetin25 mg.....**	
Vitamin B6 (as pyridoxine HCl)25 mg.....1250%		Choline (as choline bitartrate)21 mg.....**	
Folic Acid400 mcg.....100%		Betaine HCl (from beets)20 mg.....**	
Vitamin B12 (as cobalamin)250 mcg.....4167%		Bromelain20 mg.....**	
Biotin50 mcg.....17%		(from pineapple - 2,000 GDU/g)	
Pantothenic Acid25 mg.....250%		Papain (from papaya)20 mg.....**	
(as D-Ca pantothenate)		Dehydrated Garlic Powder (clove)10 mg.....**	
Calcium250 mg.....25%		Hesperidin complex10 mg.....**	
(as calcium carbonate, calcium citrate)		(30% hesperidin [3 mg]) (from orange)	
Iron (as iron bisglycinate†)18 mg.....100%		Amylase5 mg.....**	
Iodine (as potassium iodide)150 mcg.....100%		L-Glutathione5 mg.....**	
Magnesium125 mg.....31%		Lipase5 mg.....**	
(as magnesium oxide, magnesium citrate)		Carotenoids (from spirulina, chlorella)4 mg.....**	
Zinc (as zinc picolinate)15 mg.....100%		Chlorophyll (from spirulina, chlorella)4 mg.....**	
Selenium (as L-selenomethionine)25 mcg.....36%		Cellulase2.5 mg.....**	
Copper0.5 mg.....25%		Coccarboxylase2.5 mg.....**	
(as copper gluconate)		Pantethine2.5 mg.....**	
Manganese4 mg.....200%		Pyridoxal-5-Phosphate2.5 mg.....**	
(as manganese gluconate)		Riboflavin-5-Phosphate2.5 mg.....**	
Chromium100 mcg.....83%		Boron (as boron amino acid complex)1 mg.....**	
(as chromium picolinate, yeast free)		Carotenoid Mix172 mcg.....**	
Molybdenum50 mcg.....67%		(alpha-carotene, lutein,	
(as molybdenum chelate)		zeaxanthin, cryptoxanthin)	
Sodium ††30 mg.....1%			
Potassium (as potassium chloride)50 mg.....1%			
Spirulina1 g.....**			
Dry Cold Pressed50 mg.....**			
Borage Seed Oil			
Dry Cold Pressed50 mg.....**			
Sunflower Seed Oil			
Chlorella (from broken cell wall)100 mg.....**			

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

**Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Glycine, Vegetable Magnesium Stearate, Vegetable Glycerin.

SUGGESTED USE: As a dietary supplement for adults, take three (3) tablets 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.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

† Unique form of chelated iron (iron bisglycinate) formulated for maximum absorption without gastrointestinal irritation or the constipating effects that often accompany iron supplementation. Abiron process patent No.s 5,516,925 and 6,716,814.

†† Naturally occurring; therefore amount may vary.

Solgar's Earth Source Multi-Nutrient Tablets are free of yeast and dairy products and are formulated without the use of artificial preservatives, flavors or colors. No added sugar or starch.

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