



EARTH SOURCE®
MULTI-NUTRIENT
Providing Whole Food Concentrates
Nature's Energy
DIETARY SUPPLEMENT
180 TABLETS
Suitable for Vegetarians

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† Unique form of chelated iron (iron bisglycinate) formulated for maximum absorption without gastrointestinal irritation or the constipating effects that often accompany iron supplementation. Alcon process patent Nos. 5,516,925 and 5,716,814.
†† Naturally occurring; therefore amount may vary.
CAREFULLY MANUFACTURED BY:
SOLGAR, INC., 500 WILLOW TREE ROAD, LEONIA, N.J. 07005 U.S.A.
For more information, call toll-free 1-877-SOLGAR 4
DO NOT USE IF OUTER BOTTLE SEAL IS MISSING, TORN OR
DAMAGED IN ANY WAY.



Supplement Facts

Serving Size 3 Tablets
Servings Per Container 60

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Calories.....15		Manganese.....4 mg.....200%		Oat Bran.....25 mg.....**	
Total Carbohydrate.....3 g.....1%*		(as manganese gluconate)		Quercetin.....25 mg.....**	
Dietary Fiber.....1 g.....4%*		Chromium.....100 mcg.....83%		Choline (as choline bitartrate).....21 mg.....**	
Protein.....1 g.....2%*		(as chromium picolinate, yeast free)		Betaine HCl (from beets).....20 mg.....**	
Vitamin A.....15,000 IU.....300%		Molybdenum (as molybdenum chelate).....50 mcg.....67%		Bromelain (from pineapple - 2,000 GDU/g).....20 mg.....**	
(100% as natural beta-carotene)		Sodium ††.....30 mg.....1%		Papain (from papaya).....20 mg.....**	
Vitamin C (as calcium ascorbate).....1,000 mg.....1667%		Potassium (as potassium chloride).....50 mg.....1%		Dehydrated Garlic Powder (clove).....10 mg.....**	
Vitamin D (as ergocalciferol).....400 IU.....100%				Hesperidin complex (30% hesperidin [3 mg]) (from orange).....5 mg.....**	
Vitamin E (as D-alpha-tocopheryl succinate).....250 IU.....833%		Spirulina.....1 g.....**		Amylase.....5 mg.....**	
Thiamin (as thiamin mononitrate).....25 mg.....1667%		Dry Cold Pressed Borage Seed Oil.....50 mg.....**		L-Glutathione.....5 mg.....**	
Riboflavin.....25 mg.....1470%		Dry Cold Pressed Sunflower Seed Oil.....50 mg.....**		Lipase.....5 mg.....**	
Niacin (as niacinamide, niacin).....25 mg.....125%		Chlorella (from broken cell wall).....100 mg.....**		Carotenoids (from spirulina, chlorella).....4 mg.....**	
Vitamin B6 (as pyridoxine HCl).....25 mg.....1250%		Citrus Bioflavonoids (from orange).....100 mg.....**		Chlorophyll (from spirulina, chlorella).....4 mg.....**	
Folic Acid.....400 mcg.....100%		Dry Wheat Grass Juice.....100 mg.....**		Cellulase.....2.5 mg.....**	
Vitamin B12 (as cobalamin).....250 mcg.....4167%		Dry Sprouted Barley Juice.....100 mg.....**		Coccarboxylase.....2.5 mg.....**	
Biotin.....50 mcg.....17%		Dry Flaxseed Oil.....100 mg.....**		Pantethine.....2.5 mg.....**	
Pantothenic Acid (as D-Ca pantothenate).....25 mg.....250%		Active Herbal Blend.....112 mg.....**		Pyridoxal-5-Phosphate.....2.5 mg.....**	
Calcium.....250 mg.....25%		(eleuthero [root], ginkgo biloba [leaf],		Riboflavin-5-Phosphate.....2.5 mg.....**	
(as calcium carbonate, calcium citrate)		echinacea [root], ginger [root], milk thistle		Boron (as boron amino acid complex).....1 mg.....**	
Iron (as iron bisglycinate).....18 mg.....100%		[seed], cayenne [fruit])		Carotenoid Mix.....172 mcg.....**	
Iodine (as potassium iodide).....150 mcg.....100%				(alpha-carotene, lutein, zeaxanthin, cryptoxanthin)	
Magnesium.....125 mg.....31%					
(as magnesium oxide, magnesium citrate)					
Zinc (as zinc picolinate).....15 mg.....100%					
Selenium (as L-selenomethionine).....25 mcg.....36%					
Copper.....0.5 mg.....25%					
(as copper gluconate)					

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.

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.

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