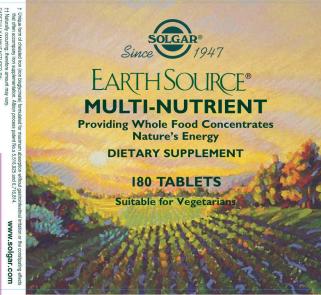
SOLGAR, INC., 500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.
For more information, call bit-fee 1-877-SOLGAR 4
DO NOT USE IF OUTER BOTTLE SEAL IS MISSING, TORN OR
DAMAGED IN ANY WAY.





## Supplement Facts

Serving Size 3 Tablets Servings Per Container 60

Amount Per Serving %DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Calories15	Manganese	4 mg 200%	Oat Bran25 mg	
Total Carbohydrate3 g	(as manganese gluconate)		Quercetin	
Dietary Fiber	Chromium	100 mcg 83%	Choline (as choline bitartrate)21 mg	
Protein1 g 2%*	(as chromium picolinate, yeast free)		Betaine HCI (from beets)20 mg	
Vitamin A	Molybdenum (as molybdenum chelate)	.50 mcg 67%	Bromelain (from pineapple - 2,000 GDU/g)20 mg	**
(100% as natural beta-carotene)	Sodium ††		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)			Hesperidin complex (30% hesperidin10 mg	**
Thiamin (as thiamin mononitrate)25 mg 1667%	Spirulina		[3 mg]) (from orange)	
Riboflavin	Dry Cold Pressed Borage Seed Oil	50 mg **	Amylase5 mg	**
Niacin (as niacinamide, niacin)25 mg125%	Dry Cold Pressed Sunflower Seed Oil	50 mg **	L-Glutathione	**
Vitamin B6 (as pyridoxine HCl)25 mg 1250%	Chlorella (from broken cell wall)	100 mg **	Lipase5 mg	**
Folic Acid	Citrus Bioflavonoids (from orange)		Carotenoids (from spirulina, chlorella)4 mg	**
Vitamin B12 (as cobalamin)250 mcg 4167%			Chlorophyll (from spirulina, chlorella) 4 mg	**
Biotin	Dry Wheat Grass Juice		Cellulase 2.5 mg	**
Pantothenic Acid (as D-Ca pantothenate) 25 mg 250%	Dry Sprouted Barley Juice		Cocarboxylase2.5 mg	**
Calcium	Dry Flaxseed Oil	.100 mg **	Pantethine2.5 mg	
(as calcium carbonate, calcium citrate)	Active Herbal Blend	.112 ma **	Pyridoxal-5-Phosphate2.5 mg	**
Iron (as iron bisglycinate†)18 mg 100%	(eleuthero [root], ginkgo biloba [leaf],		Riboflavin-5-Phosphate	
lodine (as potassium iodide)150 mcg100%	echinacea [root], ginger [root], milk thistle		Boron (as boron amino acid complex)1 mg	
Magnesium			Carotenoid Mix172 mcg	
(as magnesium oxide, magnesium citrate)	[seed], cayenne [fruit])		(alpha-carotene, lutein, zeaxanthin, cryptoxanthin)	
Zinc (as zinc picolinate)15 mg100%	Rutin	50 mg **	(apria sarstone, ratorn, zoakartonn, oryptokartonn)	
Selenium (as L-selenomethionine)25 mcg 36%	Apple Pectin	25 mg **	* Percent Daily Values (DV) are based on a 2,000 cald	orie diet
Copper	Inositol		" Daily Value (DV) not established.	ALC OLDER
(as copper gluconate)			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.

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.