

Solgar's Vegetarian Multiple Vegetable Capsules are free of yeast, wheat, soy 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.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your health-care 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.

† Special Multi-Chelate formula providing minerals complexed as amino acid chelates, Albion process patent No.'s 5,516,925 and 6,716,814

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

††† Naturally occurring; therefore amount may vary.

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



VEGETARIAN MULTIPLE

DIETARY SUPPLEMENT

**90 VEGETABLE CAPSULES
SUITABLE FOR VEGETARIANS
SUGAR AND STARCH FREE**

CAREFULLY MANUFACTURED BY:
SOLGAR VITAMIN AND HERB
500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.



Supplement Facts

Serving Size 3 Vegetable Capsules

Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	5	Manganese (as gluconate, glycinate amino acid chelate†)	4 mg 200%
Total Carbohydrate	1 g<1%*	Chromium (as picolinate [yeast-free], ...200 mcg 167%	
Protein	<1 g 1%*	glycinate amino acid chelate)	
Vitamin A (as natural beta-carotene)	7,500 IU 150%	Molybdenum (as glycinate amino acid chelate†)	50 mcg 67%
Vitamin C (as calcium ascorbate)	250 mg 417%	Sodium †††	10 mg<1%
Vitamin D (as ergocalciferol)	400 IU 100%	Potassium (as gluconate, glycinate amino acid complex)	40 mg 1%
Vitamin E (as D-alpha-tocopheryl succinate)	150 IU 500%		
Thiamin (as thiamin mononitrate)	25 mg 1667%	Spirulina Powder	70 mg**
Riboflavin	25 mg 1471%	Choline Bitartrate	25 mg**
Niacin (as niacinamide, niacin)	50 mg 250%	Inositol	25 mg**
Vitamin B6 (as pyridoxine HCl)	25 mg 1250%	Dried Barley Juice	5 mg**
Folic Acid	400 mcg 100%	Boron (as glycinate amino acid complex)	1 mg**
Vitamin B12 (as cobalamin)	150 mcg 2500%	Pantethine	1.5 mg**
Biotin	100 mcg 33%	Riboflavin-5-Phosphate	1 mg**
Pantothenic Acid (as D-Ca pantothenate)	50 mg 500%	Pyridoxal-5-Phosphate	1 mg**
Calcium (as carbonate, glycinate amino acid chelate†)	40 mg 4%	Coccarboxylase	1 mg**
Iron (as iron bisglycinate††)	10 mg 56%	Carotenoid Mix	86 mcg**
Iodine (as potassium iodide)	150 mcg 100%	(alpha-carotene, lutein, zeaxanthin, cryptoxanthin)	
Magnesium (as oxide, glycinate amino acid chelate†)	20 mg 5%		
Zinc (as picolinate, glycinate amino acid chelate†, oxide)	15 mg 100%		
Selenium (as L-selenomethionine)	100 mcg 143%		
Copper (as gluconate, glycinate amino acid chelate†)	1.5 mg 75%		

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

**Daily Value (DV) not established.

Other Ingredients: Vegetable Cellulose, Citric Acid, Vegetable Magnesium Stearate, L-Aspartic Acid, Silica.

SUGGESTED USE: As a dietary supplement for adults, take three (3) vegetable capsules daily, preferably at mealtime. May be distributed throughout the day, or as directed by a healthcare practitioner.

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