

FREE OF: Gluten, Wheat, Dairy, Yeast, Sugar, Sodium, Artificial Flavor, Preservatives and Color.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

Carefully Manufactured by:
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SOLGB72810 01B



VITAMINS ONLY

OVERALL WELL BEING*

GLUTEN, WHEAT & DAIRY FREE



90 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving		%DV
Vitamin A	5,000 IU	100%
(as palmitate 2,500 IU, 50% [2,500 IU] as natural beta-carotene)		
Vitamin C	250 mg	417%
(as L-ascorbic acid)		
Vitamin D	400 IU	100%
(as cholecalciferol)		
Vitamin E	150 IU	500%
(as d-alpha tocopheryl acid succinate)		
Thiamin	50 mg	3333%
(as thiamin mononitrate)		
Riboflavin	50 mg	2941%

Amount Per Serving		%DV
Niacin (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine HCl)	50 mg	2500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cobalamin)	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic Acid (as D-Ca pantothenate)	50 mg	500%
Inositol	50 mg	**
Choline (as choline bitartrate)	21 mg	**
Mixed Carotenoids (alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	29 mcg	**

**Daily Value (DV) not established

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate, Silica.

SUGGESTED USE: As a dietary supplement for adults, take one (1) vegetable capsule daily, preferably with a meal or as directed by a healthcare practitioner.

