NO PABA
NO IODINE

SOLGAR® Since 1947

IRON-FREE

OMNIUM®

PHYTONUTRIENT COMPLEX
MULTIPLE VITAMIN
AND MINERAL FORMULA

DIETARY SUPPLEMENT
50 TABLETS
SUITABLE FOR VEGETARIANS
GLUTEN, WHEAT & DAIRY FREE

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

Supplement Facts

Serving Size: 2 Tablets
Servings Per Container: 25

Amount Per Serving	%DV
Vitamin A (from natural beta-carotene)	15,000 IU 300%
Vitamin C (from Ester-C® as calcium magnesium and zinc ascorbates)	500 mg 500%
Vitamin D (as ergocalciferol)	200 IU 50%
Vitamin E (as d-alpha tocopheryl succinate)	300 IU 1000%
Vitamin K (as phytonadione)	20 mcg 25%
Thiamin (as thiamin mononitrate)	30 mg 2000%
Riboflavin	35 mg 2059%
Niacin (as nicotinamide, niacin)	60 mg 300%
Vitamin B6 (as pyridoxine HCl)	50 mg 2500%
Folic Acid	400 mcg 100%
Vitamin B12 (as cobalamin)	100 mcg 1667%
Biotin (as D-biotin)	100 mcg 33%
Pantothenic Acid (as D-Ca pantothenate)	80 mg 800%
Calcium (from calcium ascorbate, chelate†, calcium ascorbate chelate†, magnesium ascorbate, glycinate amino acid chelate†, oxide)	37 mg 4%
Magnesium (from magnesium ascorbate, glycinate amino acid chelate†, oxide)	37 mg 9%
Zinc (as glycinate amino acid chelate†, zinc ascorbate)	15 mg 100%
Selenium (as L-selenomethionine)	70 mcg 100%
Copper (as glycinate amino acid chelate†)	1.5 mg 75%
Manganese (as glycinate amino acid chelate†)	2 mg 100%
Chromium (as chromium picolinate)	100 mcg 83%
Molybdenum (as glycinate amino acid chelate†)	50 mcg 67%
Sodium††	10 mg ....<1%
Potassium (as potassium glycinate complex†)	10 mg ....<1%
Choline (as choline bitartrate)	75 mg .... *
Inositol (as myo-inositol)	75 mg .... *
Soy Germ Extract†††	50 mg .... *
Standardized Turmeric	50 mg .... *
Extract (curcuminoids 45.5 mg [93%])	
Broccoli Cruciferous	50 mg .... *
Extract Phosphatidylserine Complex (phosphatidylserine 10 mg [20%])	50 mg .... *
Polyphenols (from green tea [leaf], grape seed and pine bark extracts)	20 mg .... *
Alpha-Lipoic Acid	10 mg .... *
Coenzyme Q-10	10 mg .... *
Quercetin	10 mg .... *
D-Limonene (from citrus)	1 mg .... *
O-Carboxylase	1 mg .... *
Riboflavin-5-Phosphate	1 mg .... *
Carotenoid Mix (alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	172 mcg .... *
Nickel (as nickel sulfate)	5 mcg .... *
Vanadium (as vanadyl sulfate)	5 mcg .... *
Boron (as boron amino acid complex†)	0.5 mg .... *

*Daily Value (DV) not established

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Magnesium Stearate, Grapeskin (color), Vegetable Glycerin, Titanium Dioxide (color), Maltodextrin.

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

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SUGGESTED USE: As a dietary supplement for adults, take two (2) tablets daily, preferably with a meal or as directed by a healthcare practitioner.

Not intended for use by pregnant or nursing women. If you are 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. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if inner seal is missing or damaged.

Ester-C® is a licensed trademark of The Ester C Company.

† US Patent No.'s 6,706,904 and 6,716,814 licensed by Albion International, Inc.

†† Naturally occurring.

††† Not Genetically Modified, Soy from Nature®

For more information, call toll-free 1-877-SOLGAR 4
www.solgar.com

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