

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. Store at room temperature. Do not use if outer seal is missing or damaged.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

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®

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PHYTONUTRIENT COMPLEX
MULTIPLE VITAMIN
AND MINERAL FORMULA

DIETARY SUPPLEMENT

90 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: 45

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A15,000 IU.....300%		Magnesium37 mg.....9%		Broccoli Cruciferous Extract.....50 mg.....*	
(as natural beta-carotene)		(as magnesium ascorbate, glycinate amino acid chelate†, oxide)		Phosphatidylserine Complex.....50 mg.....*	
Vitamin C300 mg.....500%		Zinc.....15 mg...100%		(phosphatidylserine 10 mg [20%])	
(from Ester-C® as calcium, magnesium, zinc ascorbates)		(as glycinate amino acid chelate†, zinc ascorbate)		N-Acetyl-L-Cysteine50 mg.....*	
Vitamin D (as ergocalciferol).....200 IU.....50%		Selenium (as L-selenomethionine)70 mcg...100%		Citrus Bioflavonoid Complex.....50 mg.....*	
Vitamin E300 IU...1000%		Copper.....1.5 mg.....75%		Polyphenols (from green tea [leaf].....20 mg.....*	
(as d-alpha-tocopheryl succinate)		(as glycinate amino acid chelate†)		grape seed and pine bark extracts)	
Vitamin K (as phytonadione).....20 mcg.....25%		Manganese.....2 mg...100%		Alpha-Lipoic Acid.....10 mg.....*	
Thiamin (as thiamin mononitrate).....30 mg...2000%		(as glycinate amino acid chelate†)		Coenzyme Q-10.....10 mg.....*	
Riboflavin.....35 mg...2059%		Chromium (as chromium picolinate)....100 mcg.....83%		Quercetin.....10 mg.....*	
Niacin (as niacinamide, niacin).....60 mg.....300%		Molybdenum50 mcg.....67%		D-Limonene (from citrus)5 mg.....*	
Vitamin B6 (as pyridoxine HCl).....50 mg...2500%		(as glycinate amino acid chelate†)		Co-Carboxylase1 mg.....*	
Folic Acid.....400 mcg...100%		Sodium††10 mg.....<1%		Pyridoxal-5'-Phosphate1 mg.....*	
Vitamin B12 (as cobalamin).....100 mcg...1667%		Potassium.....10 mg.....<1%		Riboflavin-5'-Phosphate1 mg.....*	
Biotin (as D-biotin)100 mcg.....33%		(as potassium glycine complex†)		Carotenoid Mix172 mcg.....*	
Pantothenic Acid80 mg.....800%				(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
(as D-Ca pantothenate)				Nickel (as nickel sulfate)5 mcg.....*	
Calcium37 mg.....4%		Choline (as choline bitartrate)75 mg.....*		Vanadium (as vanadyl sulfate)5 mcg.....*	
(as calcium ascorbate, glycinate amino acid chelate†)		Inositol75 mg.....*		Boron.....0.5 mg.....*	
Iron (as iron bisglycinate chelate†)9 mg.....50%		Soy Germ Extract†††.....50 mg.....*		(as boron amino acid complex†)	
Iodine (as potassium iodide).....150 mcg.....100%		Standardized Turmeric Extract.....50 mg.....*			
		(curcuminoids 46.5 mg [93%])			

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

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

