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Since **SOLGAR®** 1947

SOLOVITE

IRON-FREE

VITAMIN AND MINERAL
SUPPLEMENT
DIETARY SUPPLEMENT

60 TABLETS
SUGAR, SALT AND STARCH FREE

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

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories 5		Iodine 100 mcg	67%
Total Carbohydrate <1 g	<1%*	(as potassium iodide)	
Vitamin A 5,000 IU	100%	Magnesium 0.4 mg	<1%
(as palmitate 2,500 IU, 50%)		(as magnesium gluconate)	
12,500 IU (as natural beta-carotene)		Zinc 0.2 mg	1%
Vitamin C 150 mg	250%	(as zinc gluconate)	
(as L-ascorbic acid)		Manganese 0.7 mg	35%
Vitamin D 400 IU	100%	(as manganese gluconate)	
(as cholecalciferol)		Citrus Bioflavonoids 25 mg	**
Vitamin E 150 IU	500%	Betaine HCl 25 mg	**
(as D-alpha-tocopheryl succinate)		(from beets)	
Thiamin 25 mg	1667%	Inositol 25 mg	**
(as thiamin mononitrate)		Rutin 25 mg	**
Riboflavin 25 mg	1471%	Choline 10 mg	**
Niacin 100 mg	500%	(as choline bitartrate)	
(as niacinamide)		L-Lysine HCl 10 mg	**
Vitamin B6 25 mg	1250%	Hesperidin 5 mg	**
(as pyridoxine HCl)		Carotenoid Mx 29 mcg	**
Folic Acid 100 mcg	25%	(alpha-carotene, lutein, zeaxanthin, cryptoxanthin)	
Vitamin B12 100 mcg	1667%	Natural Powdered Blend 7 mg	**
Biotin 20 mcg	7%	(Alfalfa [whole-plant], Acerola berry, Kelp [whole-plant], Parsley [aerial], Rose Hips [fruit], Watercress [whole-plant])	
Pantothenic Acid 50 mg	500%		
(as D-Ca pantothenate)			
Calcium 32 mg	3%		
(as calcium oxide from bone meal)			
Iron 0 mg	0%		
Phosphorus 13 mg	1%		
(as phosphorus oxide from bone meal)			

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

**Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Stearic Acid, Titanium Dioxide, Vegetable Glycerin, Chlorophyll (color).

SUGGESTED USE: As a dietary supplement for adults, take one (1) tablet 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.

IMPORTANT INFORMATION: Long term use of high levels of preformed Vitamin A (retinol) may increase the risk of bone fractures. Do not take this product if taking other Vitamin A containing supplements.

DO NOT USE IF NECK SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY.

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

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Solgar's Iron-Free Solovite Tablets are free of yeast, wheat, soy, gluten 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.