

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

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

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.

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

†† Some iron supplements cause gastrointestinal irritation and constipating effects. This unique form of chelated iron (iron bisglycinate) is formulated for enhanced absorption and is gentle on your system. US Patent No.'s 6,706,904 and 6,716,814 are licensed by Albion International, Inc.

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VEGETARIAN MULTIPLE

DIETARY SUPPLEMENT

**90 VEGETABLE CAPSULES
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: 3 Vegetable Capsules

Servings Per Container: 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	5	Copper (as gluconate, glycinate amino acid chelate†)	1.5 mg 75%
Total Carbohydrate	1 g<1%*	Manganese (as gluconate, glycinate amino acid chelate†)	4 mg 200%
Vitamin A (as 100% beta-carotene)	7500 IU 150%	Chromium (as picolinate [yeast-free], ...	200 mcg 167%
Vitamin C (as calcium ascorbate)	250 mg 417%	chromium nicotinate amino acid chelate†)	
Vitamin D (as ergocalciferol)	400 IU 100%	Molybdenum (as glycinate amino acid chelate†)	50 mcg 67%
Vitamin E (as d-alpha-tocopheryl succinate)	150 IU 500%	Potassium (as gluconate, amino acid complex†)	40 mg 1%
Thiamin (as thiamin mononitrate)	25 mg 1667%		
Riboflavin	25 mg 1471%	Spirulina Powder	70 mg**
Niacin (as niacinamide, niacin)	50 mg 250%	Choline Bitartrate	25 mg**
Vitamin B6 (as pyridoxine HCl)	25 mg 1250%	Inositol	25 mg**
Folic Acid	400 mcg 100%	Barley Grass Juice Powder	5 mg**
Vitamin B12 (as cobalamin)	150 mcg 2500%	Boron (as boron amino acid complex)	1 mg**
Biotin	100 mcg 33%	Pantethine	1.5 mg**
Pantothenic Acid (as d-calcium pantothenate)	50 mg 500%	Riboflavin-5'-Phosphate	1 mg**
Calcium (as ascorbate, carbonate, ...	40 mg 4%	Pyridoxal-5'-Phosphate	1 mg**
pantothenate glycinate amino acid chelate†)		Co-carboxylase	1 mg**
Iron (as iron bisglycinate chelate††)	10 mg 56%	Carotenoid Mix	.86 mcg**
Iodine (as potassium iodide)	150 mcg 100%	(alpha and beta-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%		

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

**Daily Value (DV) not established

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

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

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