

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

Solgar® Formula VM-Prime® tablets are free of yeast, wheat, soy, dairy products and gluten 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.

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.

\*\*\* Naturally occurring; therefore amount may vary.

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

For more information, call toll-free 1-877-SOLGAR 4  
[www.solgar.com](http://www.solgar.com)



## **FORMULA VM-PRIME®**

**FOR ADULTS 50+**

### **IRON-FREE MULTIPLE VITAMIN AND MINERAL FORMULA DIETARY SUPPLEMENT 100 TABLETS SUITABLE FOR VEGETARIANS SUGAR AND STARCH 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 50**

| Amount Per Serving                     | %DV | Amount Per Serving                                   | %DV | Amount Per Serving                                  | %DV |
|----------------------------------------|-----|------------------------------------------------------|-----|-----------------------------------------------------|-----|
| Calories.....10                        |     | Vitamin B12.....100 mcg...1667%                      |     | Manganese.....4 mg.....200%                         |     |
| Total Carbohydrate.....1 g.....<1%*    |     | (as cobalamin)                                       |     | (as glycinate amino acid chelate)                   |     |
| Protein.....1 g.....2%*                |     | Biotin.....75 mcg.....25%                            |     | Chromium.....200 mcg...167%                         |     |
| Vitamin A.....5,000 IU.....100%        |     | Pantothenic Acid.....25 mg.....250%                  |     | (as nicotinoglycinate amino acid chelate)           |     |
| (as natural beta-carotene)             |     | Calcium.....64 mg.....6%                             |     | Sodium***.....10 mg.....<1%                         |     |
| Vitamin C.....250 mg.....417%          |     | (as calcium carbonate, glycinate amino acid chelate) |     | Choline.....200 mg.....**                           |     |
| (as L-ascorbic acid)                   |     | Iron.....0 mg.....0%                                 |     | (as choline bitartrate)                             |     |
| Vitamin D.....400 IU.....100%          |     | Iodine.....150 mcg.....100%                          |     | Inositol.....25 mg.....**                           |     |
| (as ergocalciferol)                    |     | (as potassium iodide)                                |     | Betaine HCl (from beets).....25 mg.....**           |     |
| Vitamin E.....150 IU.....500%          |     | Magnesium.....32 mg.....8%                           |     | Citrus Bioflavonoids.....25 mg.....**               |     |
| (as d-alpha-tocopheryl acid succinate) |     | (as magnesium oxide, glycinate amino acid chelate)   |     | Boron.....0.5 mg.....**                             |     |
| Thiamin.....25 mg.....1667%            |     | Zinc.....15 mg.....100%                              |     | (as boron citrate)                                  |     |
| (as thiamin mononitrate)               |     | (as glycinate amino acid chelate)                    |     | Carotenoid Mix.....57 mcg.....**                    |     |
| Riboflavin.....25 mg.....1471%         |     | Selenium.....100 mcg.....143%                        |     | (alpha-carotene, lutein, zeaxanthin, cryptoxanthin) |     |
| Niacin.....25 mg.....125%              |     | (as L-selenomethionine)                              |     |                                                     |     |
| (as niacinamide)                       |     | Copper.....3 mg.....150%                             |     |                                                     |     |
| Vitamin B6.....25 mg.....1250%         |     | (as glycinate amino acid chelate)                    |     |                                                     |     |
| (as pyridoxine HCl)                    |     |                                                      |     |                                                     |     |
| Folic Acid.....400 mcg.....100%        |     |                                                      |     |                                                     |     |

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

\*\*Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Red Beet Powder (color), Vegetable Magnesium Stearate, Vegetable Stearic Acid, Titanium Dioxide, Maltodextrin, Vegetable Glycerin.

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