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RICH IN ANTIOXIDANTS

Since  1947

FORMULA V VM-75®

**MULTIPLE VITAMINS
WITH
CHELATED MINERALS
DIETARY SUPPLEMENT
60 VEGETABLE CAPSULES
SUITABLE FOR VEGETARIANS
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 2 Vegetable Capsules
Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	5	Selenium	36%
Total Carbohydrates	g	(as L-selenomethionine)	25 mcg
Dietary Fiber	<1 g	Copper	50%
Vitamin A	7,500 IU	(as glycinate amino acid chelate)	1 mg
(as natural beta-carotene)	150%	Manganese	50%
Vitamin C	250 mg	(as glycinate amino acid chelate)	1 mg
(as ascorbic acid)	417%	Chromium	21%
Vitamin D	400 IU	(as niacin amino acid chelate)	25 mcg
(as ergocalciferol)	100%	Molybdenum	33%
Vitamin E	150 IU	(as glycinate amino acid chelate)	25 mcg
(as D-alpha tocopheryl succinate)	500%	Potassium	<1%
Thiamin	75 mg	(as potassium amino acid complex)	1.8 mg
(as thiamin mononitrate)	5000%	Inositol	75 mg
Riboflavin	75 mg	Choline	31 mg
Niacin	75 mg	(as choline bitartrate)	25 mg
(as niacinamide ascorbate)	4412%	Citrus Bioflavonoids	25 mg
Vitamin B6	75 mg	Rutin	25 mg
(as pyridoxine HCl)	3750%	Hesperidin	4 mg
Folic Acid	400 mcg	Betaine HCl	4 mg
(as L-methyltetrahydrofolate calcium salt)	150%	Boron	0.5 mg
Biotin	75 mcg	(as boron amino acid complex)	0.5 mg
Pantothenic Acid	75 mg	Carotenoid Mix	86 mcg
(as D-Ca pantothenate)	25%	(alpha-carotene, lutein, zeaxanthin, cryptoxanthin)	86 mcg
Calcium	20 mg	Natural Powdered	4 mg
(as calcium carbonate, glycinate amino acid chelate)	2%	(Alkaline whole-plant)	4 mg
Iron	13 mg	Kelp (whole-plant)	4 mg
(as bisglycinate)	7%	Praseodymium (series)	4 mg
Iodine (from kelp)	150 mcg	Rose Hips [fruit] and Watercress (whole-plant)	4 mg
Magnesium	10 mg		
(as magnesium amino acid chelate, magnesium oxide)	3%		
Zinc	10 mg		
(as glycinate amino acid chelate, zinc oxide)	67%		

* Percent Daily Value (DV) are based on a 2,000 calorie diet.
 ** Daily Value (DV) not established.

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate, Silica.

Keep out of reach of children.

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.

STOP PEELING HERE

SOLGB78143 01B

www.soligar.com

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

Soigars KUF-K certification #K-1250

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accompany iron supplementation. Albion process patent No.s 5,556,764 and 5,556,765.

absorption without gastrointestinal irritation or the constipating effect

†† Unique form of chelated iron (iron bisglycinate) formulated for

[†] Albion process patent No.'s 5,516,925 and 6,716,814 Chelazomes

(15°-30°C). Store away from heat, light and moisture.

To assure freshness and potency, store at room temperature 59°-86°F

products and are formulated without the use of artificial preservatives, flavors or colors.

Solar's VM-75 Vegetable Capsules are free of yeast, wheat, soy, gluten and dairy.

capsules daily, preferably at mealtime, or as directed by a healthcare practitioner.

SUGGESTED USE: As a dietary supplement for adults, take two (2) vegetable