

If you are pregnant, nursing, 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.

Solgar's KOF-K certification #K-1250

† U.S. patent No's 6,706,904 and 6,716,814 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. U.S. patent No's 6,706,904 and 6,716,814 licensed by Albion International, Inc.

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

©2014 Solgar, Inc.

SOLGB78143 02B

**RICH IN
ANTIOXIDANT
VITAMINS C & E**

SOLGAR®
Since 1947

FORMULA VTM VM-75®

**MULTIPLE VITAMINS
WITH
CHELATED MINERALS
DIETARY SUPPLEMENT**

**120 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: 2 Vegetable Capsules

Servings Per Container: 60

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A.....7,500 IU.....150% (as natural beta-carotene)		Iron.....1.3 mg.....7% (as iron bisglycinate chelate††)		Inositol.....75 mg.....*	
Vitamin C.....250 mg.....417% (as niacinamide ascorbate, L-ascorbic acid)		Iodine (from kelp).....150 mcg.....100%		Choline.....31 mg.....* (as choline bitartrate)	
Vitamin D (as ergocalciferol).....400 IU.....100%		Magnesium.....10 mg.....3% (as glycinate amino acid chelate†, magnesium oxide)		Rutin.....37.5 mg.....*	
Vitamin E.....150 IU.....500% (as d-alpha tocopheryl succinate)		Zinc.....10 mg.....67% (as glycinate amino acid chelate†, zinc oxide)		Citrus Bioflavonoid Complex.....25 mg.....*	
Thiamin (as thiamin mononitrate).....75 mg.....5000%		Selenium.....25 mcg.....36% (as L-selenomethionine)		Hesperidin.....8.5 mg.....*	
Riboflavin.....75 mg.....4412%		Copper.....1 mg.....50% (as glycinate amino acid chelate†)		Betaine HCl.....25 mg.....*	
Niacin (as niacinamide ascorbate).....75 mg.....375%		Manganese.....1 mg.....50% (as glycinate amino acid chelate†)		Boron.....0.5 mg.....* (as boron amino acid complex)	
Vitamin B6 (as pyridoxine HCl).....75 mg.....3750%		Chromium.....25 mcg.....21% (as chromium nicotinate amino acid chelate†)		Carotenoid Mix.....86 mcg.....* (alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
Folic Acid.....400 mcg.....100%		Molybdenum.....25 mcg.....33% (as glycinate amino acid chelate†)		Powdered Blend.....4 mg.....* (Alfalfa [leaf and stem], Acerola Complex [fruit], Parsley [leaf and stem], Rose Hips [fruit], Watercress [leaf])	
Vitamin B12 (as cobalamin).....75 mcg.....1250%		Potassium.....1.8 mg.....<1% (as potassium amino acid complex)			
Biotin.....75 mcg.....25%					
Pantothenic Acid.....75 mg.....750% (as d-calcium pantothenate)					
Calcium.....20 mg.....2% (as calcium carbonate, glycinate amino acid chelate†)					

*Daily Value (DV) not established

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

SUGGESTED USE: As a dietary supplement for adults, take two (2) vegetable capsules daily, preferably with a meal or as directed by a healthcare practitioner.

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