



SUGGESTED USE: As a dietary supplement for adults, take one (1) tablet daily, preferably with a meal or as directed by a healthcare practitioner.

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. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

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

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VITAMINS C & E**

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IRON-FREE
FORMULA VTM VM-75®

**MULTIPLE VITAMINS
WITH CHELATED MINERALS**

DIETARY SUPPLEMENT

60 TABLETS

**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: 1 Tablet

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A.....7500 IU150%		Iodine (from kelp)150 mcg ..100%		Inositol.....75 mg	*
(as natural beta-carotene)		Magnesium.....10 mg3%		Choline (as choline bitartrate).....31 mg	*
Vitamin C250 mg417%		(as glycinate amino acid chelate†, magnesium oxide)		Rutin.....37.5 mg	*
(as niacinamide ascorbate, L-ascorbic acid)		Zinc.....10 mg67%		Citrus Bioflavonoid Complex.....25 mg	*
Vitamin D (as ergocalciferol).....400 IU100%		(as glycinate amino acid chelate†, zinc oxide)		Betaine HCl.....25 mg	*
Vitamin E150 IU500%		Selenium25 mcg ...36%		Hesperidin.....8.5 mg	*
(as d-alpha tocopheryl succinate)		(as L-selenomethionine)		Boron0.5 mg	*
Thiamin (as thiamin mononitrate) ...75 mg ...5000%		Copper.....1 mg50%		(as boron amino acid complex†)	
Riboflavin.....75 mg ...4412%		(as glycinate amino acid chelate†)		Carotenoid Mix86 mcg	*
Niacin75 mg375%		Manganese1 mg50%		(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
(as niacinamide ascorbate)		(as glycinate amino acid chelate†)		Powdered Blend.....4 mg	*
Vitamin B6 (as pyridoxine HCl) ...75 mg ...3750%		Chromium.....25 mcg21%		(Alfalfa [leaf and stem], Acerola Complex [fruit], Parsley [leaf and stem], Rose Hips [fruit], Watercress [leaf])	
Folic Acid.....400 mcg100%		(as chromium nicotinate amino acid chelate†)			
Vitamin B12 (as cobalamin)75 mcg ...1250%		Molybdenum.....25 mcg33%			
Biotin.....75 mcg25%		(as glycinate amino acid chelate†)			
Pantothenic Acid75 mg750%		Potassium1.8 mg<1%			
(as d-calcium pantothenate)		(as potassium amino acid complex†)			
Calcium20 mg2%					
(as calcium carbonate, amino acid chelate†)					

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

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

*Daily Value (DV) not established