

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

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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ANTIOXIDANT
VITAMINS C & E

SOLGAR®

Since 1947

IRON-FREE
FORMULA VTM VM-75®

**MULTIPLE VITAMINS
WITH CHELATED MINERALS
DIETARY SUPPLEMENT**

90 TABLETS
SUITABLE FOR VEGETARIANS
GLUTEN, WHEAT & DAIRY FREE



Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A 7500 IU.....150%		Pantothenic Acid 75 mg...750%		Potassium 1.8 mg...<1%	
(as natural beta-carotene)		(as d-calcium pantothenate)		(as potassium amino acid complex†)	
Vitamin C 250 mg.....417%		Calcium 20 mg 2%		Inositol 75 mg.....*	
(as niacinamide ascorbate, L-ascorbic acid)		(as calcium carbonate, amino acid chelate†)		Choline (as choline bitartrate).....31 mg.....*	
Vitamin D 400 IU.....100%		Iodine (from kelp) 150 mcg...100%		Rutin 37.5 mg.....*	
(as ergocalciferol)		Magnesium 10 mg 3%		Citrus Bioflavonoid Complex.....25 mg.....*	
Vitamin E 150 IU.....500%		(as glycinate amino acid chelate†, magnesium oxide)		Betaine HCl 25 mg.....*	
(as d-alpha-tocopheryl succinate)		Zinc 10 mg 67%		Hesperidin 8.5 mg.....*	
Thiamin 75 mg...5000%		(as glycinate amino acid chelate†, zinc oxide)		Boron 0.5 mg.....*	
Riboflavin 75 mg...4412%		Selenium (as L-selenomethionine) ..25 mcg ...36%		(as boron amino acid complex†)	
Niacin 75 mg...375%		Copper 1 mg 50%		Carotenoid Mix 86 mcg.....*	
(as niacinamide ascorbate)		(as glycinate amino acid chelate†)		(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
Vitamin B6 75 mg...3750%		Manganese 1 mg 50%		Powdered Blend 4 mg.....*	
(as pyridoxine HCl)		(as glycinate amino acid chelate†)		(Alfalfa [leaf and stem], Acerola Complex [fruit], Parsley [leaf and stem], Rose Hips [fruit], Watercress [leaf])	
Folic Acid 400 mcg.....100%		Chromium 25 mcg 21%			
Vitamin B12 75 mcg...1250%		(as chromium nicotinate amino acid chelate†)			
(as cobalamin)		Molybdenum 25 mcg 33%			
Biotin 75 mcg.....25%		(as glycinate amino acid chelate†)			

*Daily Value (DV) not established

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

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CAREFULLY MANUFACTURED BY:
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