

PEEL HERE

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**RICH IN
ANTIOXIDANTS**

Since **SOLGAR** 1947

FORMULA VTM VM-75[®]

**MULTIPLE VITAMINS
WITH CHELATED MINERALS**

DIETARY SUPPLEMENT

30 TABLETS

**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 1 Tablet

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories.....	5	Copper.....	1 mg.....50%
Total Carbohydrate.....	<1 g.....<1%	(as glycinate amino acid chelate)	
Protein.....	<1 g.....<1%	Manganese.....	1 mg.....50%
Vitamin A.....	7500 IU.....150%	(as glycinate amino acid chelate)	
(as natural beta-carotene)		Chromium.....	25 mcg.....21%
Vitamin C.....	250 mg.....417%	(as niacin amino acid chelate)	
(as ascorbic acid)		Molybdenum.....	25 mcg.....33%
Vitamin D.....	1000 IU.....200%	(as glycinate amino acid chelate)	
(as ergocalciferol)		Potassium.....	1.8 mg.....<1%
Vitamin E.....	150 IU.....300%	(as potassium amino acid complex)	
(as α -tocopherol succinate)		Inositol.....	75 mg.....**
Thiamin.....	75 mg.....1250%	Choline.....	31 mg.....**
(as thiamin mononitrate)		(as choline bitartrate)	
Riboflavin.....	75 mg.....441%	Betaine HCl.....	25 mg.....**
(as riboflavin)		Rutin.....	25 mg.....**
Vitamin B6.....	75 mg.....3750%	Citrus.....	
(as pyridoxine HCl)		Biotin.....	75 mcg.....1250%
Folic Acid.....	400 mcg.....100%	(as cobalamin)	
Vitamin B12.....	75 mcg.....1250%	Biotin.....	75 mcg.....1250%
(as cobalamin)		Ascorbic Acid.....	25 mg.....417%
Calcium.....	100 mg.....20%	(as D-Ascorbic Acid)	
(as calcium carbonate)		Calcium.....	100 mg.....20%
Calcium.....	100 mg.....20%	(as calcium carbonate)	
(as calcium carbonate)		Glycine.....	100 mg.....20%
Glycine.....	100 mg.....20%	(as glycine)	
(as glycine)		Iron.....	1.3 mg.....7%
Iron.....	1.3 mg.....7%	(as iron bisglycinate)	
(as iron bisglycinate)		Iodine.....	150 mcg.....100%
Iodine.....	150 mcg.....100%	(as potassium iodide)	
(as potassium iodide)		Magnesium.....	10 mg.....3%
Magnesium.....	10 mg.....3%	(as glycinate amino acid chelate)	
(as glycinate amino acid chelate)		Zinc.....	10 mg.....67%
Zinc.....	10 mg.....67%	(as zinc amino acid chelate)	
(as zinc amino acid chelate)		Selenium.....	25 mcg.....36%
Selenium.....	25 mcg.....36%	(as selenomethionine)	
(as selenomethionine)			

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

**Daily Value (DV) not established.

STOP PEELING HERE

SOLGB78128 02B

www.solgar.com

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

Solgar's KOF-K certification #K-1250

For more information, call toll-free 1-877-SOLGAR 4

† Abdominal pain, No. 5, 516, 925 and 6, 716, 814

†† Unique form of chelated iron (iron bisglycinate) formulated for maximum absorption without gastrointestinal irritation or the

constipating effects that often accompany iron supplementation.

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Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Magnesium Stearate, Titanium Dioxide, Vegetable Glycerin, Vegetable Stearic Acid.

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

Solgar® VM-75® Tablets are free of yeast, wheat, gluten and dairy products and are formulated without the use of artificial preservatives or flavors.

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.

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.