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PRODUCTION # 81487
NOT FOR RESALE

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

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **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 are 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 are licensed by Albion International, Inc.

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**RICH IN
ANTIOXIDANT
VITAMINS C & E**



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

*Daily Value (DV) not established

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

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

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.