

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.

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

† US Patent No.'s 6,706,904 and 6,716,814 are licensed by Albion International, Inc.

Carefully Manufactured by:
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MULTI II[®] VEGETABLE CAPSULES

MULTIVITAMIN AND
CHELATED MINERAL
FORMULATION

GLUTEN, WHEAT & DAIRY FREE

180 VEGETABLE CAPSULES

DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 2 Vegetable Capsules
Servings Per Container: 90

Amount Per Serving		%DV
Vitamin A (as palmitate 2,500 IU, 50% [2,500 IU] natural beta-carotene)	5,000 IU	100%
Vitamin C (as niacinamide ascorbate)	300 mg	500%
Vitamin D3 (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha-tocopheryl succinate)	150 IU	500%
Thiamin (as thiamin mononitrate)	100 mg	6667%
Riboflavin	100 mg	5882%
Niacin (as niacinamide ascorbate)	100 mg	500%
Vitamin B6 (as pyridoxine HCl)	100 mg	5000%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	100 mcg	1667%
Biotin	50 mcg	17%
Pantothenic Acid (as D-Ca pantothenate)	100 mg	1000%
Calcium (as glycinate amino acid chelate†, D-Ca pantothenate)	18 mg	2%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as glycinate amino acid chelate†, oxide)	1.3 mg	<1%
Zinc (as zinc glycinate amino acid chelate†)	1.5 mg	10%
Selenium (as L-selenomethionine)	10 mcg	14%

Amount Per Serving		%DV
Copper (as copper gluconate)	1 mg	50%
Manganese (as manganese glycinate amino acid chelate†)	0.61 mg	31%
Chromium (as chromium nicotinate glycinate chelate†)	20 mcg	17%
Potassium (as potassium glycinate complex†)	2 mg	<1%
Inositol	50 mg	*
Betaine HCl	25 mg	*
Citrus Bioflavonoid Complex	25 mg	*
L-Glutamic Acid	25 mg	*
Rutin	25 mg	*
Choline (as choline bitartrate)	21 mg	*
Hesperidin Complex	5 mg	*
Carotenoid Complex (alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	29 mcg	*
Soy Protein/Amino Acid Blend (L-Glutamic Acid, L-Aspartic Acid, L-Leucine, L-Arginine, L-Lysine, L-Phenylalanine, L-Serine, L-Proline, L-Valine, L-Isoleucine, L-Alanine, Glycine, L-Threonine, L-Tyrosine, L-Histidine, L-Tryptophan, L-Cysteine, L-Methionine)	140 mg	*
Special Powdered Blend (Alfalfa [leaf and stem], Acerola Extract [berry], Kelp [whole-plant], Parsley [leaf], Rose Hips [seed] and Watercress [herb])	20 mg	*
*Daily Value (DV) not established		

Other Ingredients: Vegetable Cellulose, Silica, Vegetable Magnesium Stearate, Mannitol, Maltodextrin. Contains Soy.

