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SOLGAR®
Since 1947

OMNIUM®

PHYTONUTRIENT COMPLEX
MULTIPLE VITAMIN
AND MINERAL FORMULA
DIETARY SUPPLEMENT
60 TABLETS
SUITABLE FOR VEGANS
GLUTEN, WHEAT & DAIRY FREE



CAREFULLY MANUFACTURED BY: SOLGAR, INC.
500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.

Supplement Facts

Serving Size: 2 Tablets
Servings Per Container: 30

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A15,000 IU.....300%		Magnesium37 mg.....9%		Broccoli Cruciferous Extract.....50 mg.....*	
(as natural beta-carotene)		(as magnesium ascorbate, glycinate amino acid chelate†, oxide)		Phosphatidylserine Complex.....50 mg.....*	
Vitamin C300 mg.....500%		Zinc15 mg.....100%		(phosphatidylserine 10 mg [20%])	
(from Ester-C® as calcium, magnesium, zinc ascorbates)		(as glycinate amino acid chelate†, zinc ascorbate)		N-Acetyl-L-Cysteine.....50 mg.....*	
Vitamin D (as ergocalciferol).....200 IU.....50%		Selenium70 mcg.....100%		Citrus Bioflavonoid Complex.....50 mg.....*	
Vitamin E300 IU.....1000%		(as L-selenomethionine)		Polyphenols.....20 mg.....*	
(as d-alpha tocopheryl succinate)		Copper1.5 mcg.....75%		(from green tea [leaf], grape seed and pine bark extracts)	
Vitamin K (as phytonadione).....20 mcg.....25%		(as glycinate amino acid chelate†)		Alpha-Lipoic Acid.....10 mg.....*	
Thiamin30 mg.....2000%		Manganese2 mg.....100%		Coenzyme Q-10.....10 mg.....*	
(as thiamin mononitrate)		(as glycinate amino acid chelate†)		Quercetin.....10 mg.....*	
Riboflavin35 mg.....2059%		Chromium100 mcg.....83%		D-Limonene (from citrus).....5 mg.....*	
Niacin (as niacinamide, niacin).....60 mg.....300%		(as chromium picolinate)		Co-Carboxylase.....1 mg.....*	
Vitamin B6 (as pyridoxine HCl).....50 mg.....2500%		Molybdenum50 mcg.....67%		Pyridoxal-5'-Phosphate.....1 mg.....*	
Folic Acid400 mcg.....100%		(as glycinate amino acid chelate†)		Riboflavin-5'-Phosphate.....1 mg.....*	
Vitamin B12 (as cyanocobalamin). 100 mcg.....1667%		Sodium††.....10 mg.....<1%		Carotenoid Mix.....172 mcg.....*	
Biotin (as D-biotin).....100 mcg.....33%		Potassium10 mg.....<1%		(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
Pantothenic Acid80 mg.....800%		(as potassium glycine complex†)		Nickel (as nickel sulfate).....5 mcg.....*	
(as D-Ca pantothenate)		Choline (as choline bitartrate).....75 mg.....*		Vanadium (as vanadyl sulfate).....5 mcg.....*	
Calcium37 mg.....4%		Inositol75 mg.....*		Boron0.5 mg.....*	
(as calcium ascorbate, glycinate amino acid chelate†)		Soy Germ Extract†††.....50 mg.....*		(as boron amino acid complex†)	
Iron (as iron bisglycinate chelate†).....9 mg.....50%		Standardized Turmeric Extract.....50 mg.....*			
Iodine (as potassium iodide).....150 mcg.....100%		(curcuminoids 46.5 mg [93%])			

*Daily Value (DV) not established

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††† Not Genetically Modified. Soy from Nature®

†† Naturally occurring.

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patents.

under U.S. Pat. Nos. 6,197,813 and 6,878,744 and corresponding foreign

patents.

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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.

WARNING: Accidental overdose of iron-containing products is a leading

cause of death 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.

Not intended for use by pregnant or nursing women. If you are taking any

medications, please consult your healthcare practitioner before taking any

dietary supplement. Discontinue use and consult your healthcare practitioner

if any adverse reactions occur. Not intended for use by persons under the age

of 18. Store at room temperature. Do not use if inner seal is missing or

damaged.

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

SUGGESTED USE: As a dietary supplement for adults, take two (2)

tablets daily, preferably with a meal or as directed by a healthcare

practitioner.

Contains soy.

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica,

Vegetable Magnesium Stearate, Vegetable Stearic Acid, Glycerin (color),

Vegetable Glycine, Titanium Dioxide Color, Mannitol, Malto-dextrin.