

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.

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

† 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. Albion International, Inc.

For more information, call toll-free

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**DIETARY SUPPLEMENT
120 VEGETABLE CAPSULES
SUITABLE FOR VEGANS
GLUTEN, WHEAT & DAIRY FREE
Non-GMO**



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

Supplement Facts

Serving Size: 2 Vegetable Capsules

Servings Per Container: 60

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A 2,250 mcg 250%		Calcium 20 mg 2%		Potassium 1.8 mg <1%	
(as natural beta-carotene)		(as calcium carbonate, glycinate amino acid chelate†)		(as potassium amino acid complex)	
Vitamin C 250 mg 278%		Iron 1.3 mg 7%		Inositol 75 mg *	
(as niacinamide ascorbate, L-ascorbic acid)		(as iron bisglycinate chelate††)		Rutin 37.5 mg *	
Vitamin D 10 mcg (400IU) 50%		Iodine (from kelp) 150 mcg 100%		Citrus Bioflavonoid Complex 25 mg *	
(as ergocalciferol)		Magnesium 10 mg 2%		Hesperidin 8.5 mg *	
Vitamin E 100 mg 667%		(as glycinate amino acid chelate†, magnesium oxide)		Betaine HCl 25 mg *	
(as d-alpha tocopheryl succinate)		Zinc 10 mg 91%		Boron 0.5 mg *	
Thiamin (as thiamin mononitrate) 75 mg 5,250%		(as glycinate amino acid chelate†, zinc oxide)		(as boron amino acid complex)	
Riboflavin 75 mg 5,769%		Selenium 25 mcg 45%		Carotenoid Mix 86 mcg *	
Niacin (as niacinamide ascorbate) 75 mg 469%		(as L-selenomethionine)		(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
Vitamin B6 (as pyridoxine HCl) 75 mg 4,412%		Copper 1 mg 111%		Powdered Blend 4 mg *	
Folic Acid 666 mcg DFE 167%		(as glycinate amino acid chelate†)		(Aitaha [leaf and stem], Acerola Complex [fruit], Parsley [leaf and stem], Rose Hips [fruit], Watercress [leaf])	
(400 mcg Folic Acid)		Manganese 1 mg 43%			
Vitamin B12 (as cobalamin) 75 mcg 3,125%		(as glycinate amino acid chelate†)			
Biotin 75 mcg 250%		Chromium 25 mcg 71%			
Pantothenic Acid 75 mg 1,500%		(as chromium nicotinate amino acid chelate†)			
(as d-calcium pantothenate)		Molybdenum 25 mcg 56%			
Choline (as choline bitartrate) 31 mg 6%		(as glycinate amino acid chelate†)			

*Daily Value (DV) not established

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate, Silica, Maltodextrin.

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.