

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.

**RICH IN
ANTIOXIDANT
VITAMINS C & E**

Since **SOLGAR®** 1947

FORMULA VTM VM-75®

**MULTIPLE VITAMINS
WITH
CHELATED MINERALS**

DIETARY SUPPLEMENT

90 TABLETS

**SUITABLE FOR VEGETARIANS
GLUTEN, WHEAT & DAIRY FREE**



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.

For more information, call toll-free
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Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A.....7500 IU150% (as natural beta-carotene)		Calcium20 mg2% (as calcium carbonate, amino acid chelate†)		Potassium.....1.8 mg<1% (as potassium amino acid complex†)	
Vitamin C250 mg417% (as niacinamide ascorbate, L-ascorbic acid)		Iron1.3 mg7% (as iron bisglycinate chelate††)		Inositol75 mg*	
Vitamin D400 IU100% (as ergocalciferol)		Iodine (from kelp).....150 mcg100%		Choline31 mg*	
Vitamin E150 IU500% (as d-alpha tocopheryl succinate)		Magnesium.....10 mg3% (as glycinate amino acid chelate†, magnesium oxide)		Rutin37.5 mg*	
Thiamin75 mg5000% (as thiamin mononitrate)		Zinc.....10 mg67% (as glycinate amino acid chelate†, zinc oxide)		Citrus Bioflavonoid25 mg*	
Riboflavin75 mg4412% (as niacinamide ascorbate)		Copper.....1 mg50% (as glycinate amino acid chelate†)		Complex	
Niacin75 mg375% (as niacinamide ascorbate)		Selenium25 mcg36% (as L-selenomethionine)		Betaine HCl.....25 mg*	
Vitamin B6.....75 mg3750% (as pyridoxine HCl)		Manganese.....1 mg50% (as glycinate amino acid chelate†)		Hesperidin8.5 mg*	
Folic Acid400 mcg100%		Chromium.....25 mcg21% (as chromium nicotinate amino acid chelate†)		Boron.....0.5 mg*	
Vitamin B1275 mcg1250% (as cobalamin)		Molybdenum.....25 mcg33% (as glycinate amino acid chelate†)		(as boron amino acid complex†)	
Biotin.....75 mcg25%				Carotenoid Mix.....86 mcg*	
Pantothenic Acid.....75 mg750% (as d-calcium pantothenate)				(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
				Powdered Blend.....4 mg*	
				(Aitalla [leaf and stem], Acerola Complex [fruit], Parsley [leaf and stem], Rose Hips [fruit], Watercress [leaf]).	
				*Daily Value (DV) not established	

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

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

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.

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CAREFULLY MANUFACTURED BY:
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