

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**

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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**MULTIPLE VITAMINS
WITH
CHELATED MINERALS**

DIETARY SUPPLEMENT

180 TABLETS
SUITABLE FOR VEGETARIANS
GLUTEN, WHEAT & DAIRY FREE



Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A7500 IU150%		Iron1.3 mg7%		Potassium1.8 mg<1%	
(as natural beta-carotene)		(as iron bisglycinate chelate††)		(as potassium amino acid complex†)	
Vitamin C250 mg417%		Iodine (from kelp)150 mcg100%		Inositol75 mg*	
(as niacinamide ascorbate, L-ascorbic acid)		Magnesium10 mg3%		Choline31 mg*	
Vitamin D400 IU100%		(as glycinate amino acid chelate†, magnesium oxide)		(as choline bitartrate)	
(as ergocalciferol)		Zinc10 mg67%		Rutin37.5 mg*	
Vitamin E150 IU500%		(as glycinate amino acid chelate†, zinc oxide)		Citrus Bioflavonoid25 mg*	
(as d-alpha tocopheryl succinate)		Selenium25 mcg36%		Complex	
Thiamin75 mg5000%		(as L-selenomethionine)		Betaine HCl25 mg*	
(as thiamin mononitrate)		Copper1 mg50%		Hesperidin8.5 mg*	
Riboflavin75 mg4412%		(as glycinate amino acid chelate†)		Boron0.5 mg*	
Niacin75 mg375%		Manganese1 mg50%		(as boron amino acid complex†)	
(as niacinamide ascorbate)		(as glycinate amino acid chelate†)		Carotenoid Mix86 mcg*	
Vitamin B675 mg3750%		(as glycinate amino acid chelate†)		(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
(as pyridoxine HCl)		(as glycinate amino acid chelate†)		Powdered Blend4 mg*	
Folic Acid400 mcg100%		Chromium25 mcg21%		(Alfalfa [leaf and stem], Acerola Complex [fruit], Parsley [leaf and stem], Rose Hips [fruit], Watercress [leaf]).	
Vitamin B1275 mcg1250%		(as chromium nicotinate amino acid chelate†)			
(as cobalamin)		Molybdenum25 mcg33%			
Biotin75 mcg25%		(as glycinate amino acid chelate†)			
Pantothenic Acid75 mg750%					
(as d-calcium pantothenate)					
Calcium20 mg2%					
(as calcium 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.

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.

SOLGB78128 04D

CAREFULLY MANUFACTURED BY:
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