

FREE OF: Wheat, Dairy, Yeast, Sugar, Sodium, 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.

Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Avoid this product if you are allergic to sunflowers or daisy-like flowers. 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 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.

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

Note: L-Tryptophan is naturally occurring.

Solgar's KOF-K certification #K-1250

For more information, call toll-free 1-877-SOLGAR 4

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**MULTINUTRIENT FORMULA
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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: 45

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A20,000 IU400%		Iodine (as potassium iodide).....150 mcg100%		Betaine HCl25 mg*	
(as 100% beta-carotene)		Magnesium30 mg8%		Pyridoxal-5'-Phosphate20 mg*	
Vitamin C300 mg500%		(as magnesium oxide, glycinate amino acid chelate†)		Soy Lecithin20 mg*	
(as calcium ascorbate)		Zinc (as zinc oxide).....15 mg100%		L-Glutathione5 mg*	
Vitamin D400 IU100%		glycinate amino acid chelate†)		Boron1 mg*	
(as ergocalciferol)		Selenium25 mcg36%		(as boron amino acid complex)	
Vitamin E200 IU667%		(as L-selenomethionine)		Carotenoid Mix229 mcg*	
(as d-alpha-tocopheryl succinate)		Copper1.5 mg75%		(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
Thiamin100 mg6667%		(as copper gluconate, glycinate amino acid chelate†)		Whole Food Herbal260 mg*	
(as thiamin mononitrate)		Manganese2 mg100%		Blend Complex	
Riboflavin100 mg5882%		(as manganese gluconate, glycinate amino acid chelate†)		(Amla (leaf and stem), Rose Hips	
Niacin100 mg500%		Chromium25 mcg21%		(fruit), Citrus Bioflavonoid Complex,	
(as niacinamide, niacin)		(as chromium picolinate, nicotinate glycinate chelate†)		Rutin, Dong Quai (root), Eleuthero	
Vitamin B690 mg4500%		Molybdenum50 mcg67%		(root), Oat Fiber, Suma (root),	
(as pyridoxine HCl)		(as molybdenum glycinate amino acid chelate†)		Watercress (leaf), Echinacea Purpurea	
Folic Acid400 mcg100%		Potassium10 mg<1%		(root), Parsley (leaf and stem),	
Vitamin B12100 mcg1667%		(as potassium chloride, amino acid chelate†)		Spirulina, Hesperidin Complex)	
(as cobalamin)		Inositol100 mg*		Soy Protein Isolate200 mg*	
Biotin100 mcg33%		Choline41 mg*		Providing: L-Glutamic Acid,	
Pantothenic Acid100 mg1000%		(as choline bitartrate)		L-Aspartic Acid, L-Leucine,	
(as d-calcium pantothenate)		Citrus Bioflavonoid Complex25 mg*		L-Arginine, L-Lysine, L-Phenylalanine,	
Calcium65 mg7%				L-Serine, L-Proline, L-Valine,	
(as calcium ascorbate, glycinate amino acid chelate†, d-calcium pantothenate, dicalcium phosphate, carbonate)				L-Isoleucine, L-Alanine, Glycine,	
Iron10 mg56%				L-Threonine, L-Tyrosine, L-Histidine,	
(as ferrous sulfate, bisglycinate††)				L-Tryptophan, L-Cysteine, L-Methionine	

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Vegetable Stearic Acid, Silica, Vegetable Magnesium Stearate, Vegetable Glycerin, Mannitol, Maltodextrin.

*Daily Value (DV) not established