

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

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

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. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

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.

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ANTIOXIDANT
VITAMINS C & E

SOLGAR®
Since 1947

IRON-FREE
FORMULA VTM VM-75®

**MULTIPLE VITAMINS
WITH CHELATED MINERALS
DIETARY SUPPLEMENT**

90 TABLETS
SUITABLE FOR VEGANS
GLUTEN, WHEAT & DAIRY FREE



Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A.....7500 IU.....150%		Pantothenic Acid.....75 mg.....750%		Potassium.....1.8 mg.....<1%	
(as natural beta-carotene)		(as d-calcium pantothenate)		(as potassium amino acid complex†)	
Vitamin C.....250 mg.....417%		Calcium.....20 mg.....2%		Inositol.....75 mg.....*	
(as niacinamide ascorbate, L-ascorbic acid)		(as calcium carbonate, amino acid chelate†)		Choline (as choline bitartrate).....31 mg.....*	
Vitamin D.....400 IU.....100%		Iodine (from kelp).....150 mcg.....100%		Rutin.....37.5 mg.....*	
(as ergocalciferol)		Magnesium.....10 mg.....3%		Citrus Bioflavonoid Complex.....25 mg.....*	
Vitamin E.....150 IU.....500%		(as glycinate amino acid chelate†, magnesium oxide)		Betaine HCl.....25 mg.....*	
(as d-alpha-tocopheryl succinate)		Zinc.....10 mg.....67%		Hesperidin.....8.5 mg.....*	
Thiamin.....75 mg.....5000%		(as glycinate amino acid chelate†, zinc oxide)		Boron.....0.5 mg.....*	
(as thiamin mononitrate)		Selenium (as L-selenomethionine).....25 mcg.....36%		(as boron amino acid complex†)	
Riboflavin.....75 mg.....4412%		Copper.....1 mg.....50%		Carotenoid Mix.....86 mcg.....*	
Niacin.....75 mg.....375%		(as glycinate amino acid chelate†)		(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
(as niacinamide ascorbate)		Manganese.....1 mg.....50%		Powdered Blend.....4 mg.....*	
Vitamin B6.....75 mg.....3750%		(as glycinate amino acid chelate†)		(Alfalfa [leaf and stem], Acerola Complex [fruit], Parsley [leaf and stem], Rose Hips [fruit], Watercress [leaf])	
(as pyridoxine HCl)		Chromium.....25 mcg.....21%			
Folic Acid.....400 mcg.....100%		(as chromium nicotinate amino acid chelate†)			
Vitamin B12.....75 mcg.....1250%		Molybdenum.....25 mcg.....33%			
(as cobalamin)		(as glycinate amino acid chelate†)			
Biotin.....75 mcg.....25%					

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



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