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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

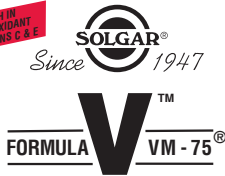
† U.S. patent No's 6,706,904 and 6,716,814 are licensed by Albion International, Inc.

†† 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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SOLGB78128 04D

**RICH IN
ANTIOXIDANT
VITAMINS C & E**



**MULTIPLE VITAMINS
WITH CHELATED MINERALS**

DIETARY SUPPLEMENT

60 TABLETS



SUITABLE FOR VEGETARIANS

GLUTEN, WHEAT & DAIRY FREE



CAREFULLY MANUFACTURED BY:

SOLGAR, INC.

500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A7500 IU150%		Iodine (from kelp)150 mcg100%		Inositol75 mg*	
(as natural beta-carotene)		Magnesium (as glycinate amino acid.....10 mg3%		Choline (as choline bitartrate)31 mg*	
Vitamin C (as niacinamide250 mg417%		chelatet, magnesium oxide)		Rutin37.5 mg*	
ascorbate, L-ascorbic acid)		Zinc10 mg67%		Citrus Bioflavonoid Complex25 mg*	
Vitamin D (as ergocalciferol)400 IU100%		(as glycinate amino acid chelatet,		Betaine HCl25 mg*	
Vitamin E150 IU500%		zinc oxide)		Hesperidin8.5 mg*	
(as d-alpha-tocopheryl succinate)		Selenium (as L-selenomethionine)25 mcg36%		Boron0.5 mg*	
Thiamin (as thiamin mononitrate)75 mg5000%		Copper1 mg50%		(as boron amino acid complex†)	
Riboflavin75 mg4412%		(as glycinate amino acid chelatet)		Carotenoid Mix86 mcg*	
Niacin (as niacinamide ascorbate)75 mg375%		Manganese1 mg50%		(alpha and beta-carotene, lutein,	
Vitamin B6 (as pyridoxine HCl)75 mg3750%		(as glycinate amino acid chelatet)		zeaxanthin, cryptoxanthin)	
Folic Acid400 mcg100%		Chromium25 mcg21%		Powdered Blend4 mg*	
Vitamin B12 (as cobalamin)75 mcg1250%		(as chromium nicotinate amino acid chelatet)		(Alfalfa [leaf and stem], Acerola Complex	
Biotin75 mcg25%		Molybdenum25 mcg33%		[fruit], Parsley [leaf and stem], Rose Hips	
Pantothenic Acid75 mg750%		(as glycinate amino acid chelatet)		[fruit], Watercress [leaf])	
(as d-calcium pantothenate)		Potassium1.8 mg<1%			
Calcium (as calcium20 mg2%		(as potassium amino acid complex†)			
carbonate, amino acid chelatet)					
Iron (as iron bisglycinate chelatet†)1.3 mg7%					

*Daily Value (DV) not established.

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

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. Store at room temperature. Do not use if outer bottle seal is missing or damaged.