

SUGGESTED USE: As a dietary supplement for adults, take two (2) vegetable capsules daily, preferably with a meal or as directed by a healthcare practitioner.

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

Solgar's KOF-K certification #K1250

† Albon 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. Albon International, Inc.

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**CAREFULLY MANUFACTURED BY:
SOLGAR, INC.
500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.**



**RICH IN
ANTIOXIDANT
VITAMINS C & E**



**MULTIPLE VITAMINS
WITH CHELATED MINERALS
DIETARY SUPPLEMENT
60 VEGETABLE CAPSULES
SUITABLE FOR VEGANS
GLUTEN, WHEAT & DAIRY FREE
Non-GMO**

Supplement Facts

Serving Size: 2 Vegetable Capsules
Servings Per Container: 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A2,250 mcg	250%	Selenium25 mcg	45%
(as natural beta-carotene)		(as L-selenomethionine)	
Vitamin C250 mg	278%	Copper1 mg	111%
(as sodium ascorbate,		(as glycinate amino acid chelate)	
L-ascorbic acid)		Manganese1 mg	43%
Vitamin D10 mcg (400 IU)	50%	(as glycinate	
(as ergocalciferol)		amino acid chelate)	
Vitamin E100 mg	667%	(chromium	
(as alpha tocopheryl succinate)		amino acid chelate)	
Thiamin75 mg	6,250%	Molybdenum25 mcg	56%
(as thiamin mononitrate)		(as glycinate amino	
Riboflavin75 mg	5,769%	acid chelate)	
Niacin75 mg	469%	Potassium1.8 mg	<1%
(as niacinamide ascorbate)		(as potassium	
Vitamin B675 mg	4,412%	amino acid complex)	
(as pyridoxine HCl)		Iron75 mg	
Folic Acid666 mcg DFE	167%	(as ferrous	
(400 mcg Folic Acid)		gluconate)	
Vitamin B1275 mcg	3,125%	(as cobalamin)	
(as cyanocobalamin)		Biotin75 mcg	250%
Pantoic Acid75 mcg	1,500%	(as d-biotin penthydrate)	
(as calcium pantothenate)		Choline31 mg	6%
(as choline bitartrate)		Calcium20 mg	2%
(as calcium carbonate, glycinate		(as calcium carbonate, glycinate	
amino acid chelate)		amino acid chelate)	
Iron1.3 mg	7%	(as iron bisglycinate chelate††)	
(as iron bisglycinate chelate††)		Iodine (from kelp)150 mcg	100%
Magnesium10 mg	2%	(as potassium iodide)	
(as glycinate amino acid chelate†,		Zinc10 mg	91%
magnesium oxide)		(as bisglycinate amino acid	
Zinc10 mg	91%	chelate†, zinc oxide)	
(as bisglycinate amino acid			
chelate†, zinc oxide)			

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate, Silica, Malodextrin.

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 inner 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.

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