



EARTH SOURCE®

MULTI-NUTRIENT
Providing Whole Food Concentrates
Nature's Energy

DIETARY SUPPLEMENT

180 TABLETS

Suitable for Vegans

Some iron supplements cause gastrointestinal irritation and constipation effects. This unique form of chelated iron (iron bisglycinate) is formulated for enhanced absorption and is gentle on your system. US Patent No. 5,670,904 and 6,716,814 licensed by Albion International, Inc.

†††Gastric Digesting Units (2,000 GDU per gram)

†Naturally occurring.

Carefully Manufactured by:

Solgar, Inc., 500 Willow Tree Road, Leonia, NJ 07650 U.S.A.

For more information, call toll-free

1-877-SOLGAR 4, www.solgar.com

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Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 60

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Calories.....	5	Selenium (as L-selenomethionine).....	25 mcg.....36%	Oat Fiber.....	25 mg.....**
Total Carbohydrate.....	2 g.....<1*	Copper.....	0.5 mg.....25%	Quercetin Dihydrate.....	25 mg.....**
Vitamin A.....	15,000 IU.....300%	(as copper gluconate)		Choline (as choline bitartrate).....	21 mg.....**
(100% as natural beta-carotene)		Manganese.....	4 mg.....200%	Betaine (as betaine HCl).....	20 mg.....**
Vitamin C (as calcium ascorbate).....	1,000 mg.....1667%	(as manganese gluconate)		Bromelain.....	20 mg.....**
Vitamin D (as D2 ergocalciferol).....	400 IU.....100%	Chromium.....	100 mcg.....83%	(from pineapple - 40 GDU†††)	
Vitamin E.....	250 IU.....833%	(as chromium picolinate, yeast free)		Papain (from papaya).....	20 mg.....**
(as d-alpha tocopheryl succinate)		Molybdenum.....	50 mcg.....67%	Dehydrated Garlic Powder (bulb).....	10 mg.....**
Thiamin (as thiamin mononitrate).....	25 mg.....1667%	(as molybdenum amino acid chelate†)		Hesperidin Complex.....	10 mg.....**
Riboflavin.....	25 mg.....1471%	Sodium ††.....	25 mg.....1%	Amylase.....	5 mg.....**
Niacin (as niacinamide, niacin).....	25 mg.....125%	Potassium (as potassium chloride).....	50 mg.....1%	L-Glutathione.....	5 mg.....**
Vitamin B6 (as pyridoxine HCl).....	25 mg.....1250%			Lipase.....	5 mg.....**
Folic Acid.....	400 mcg.....100%	Spinulina.....	1 g.....**	Chlorophyllin.....	4 mg.....**
Vitamin B12 (as cyanocobalamin).....	250 mcg.....4167%	Flax, Borage, Sunflower Seed.....	200 mg.....**	Cellulase.....	2.5 mg.....**
(as D-Ca pantothenate)		Oil Powder Blend.....		Coccarboxylase.....	2.5 mg.....**
Calcium.....	250 mg.....25%	Chlorella (from broken cell wall).....	100 mg.....**	Pantethine.....	2.5 mg.....**
(as calcium carbonate, calcium ascorbate,		Citrus Bioflavonoid Complex.....	100 mg.....**	Pyridoxal-5'-Phosphate.....	2.5 mg.....**
calcium citrate, D-Ca pantothenate)		Dry Wheat Grass Powder.....	100 mg.....**	Riboflavin-5'-Phosphate.....	2.5 mg.....**
Iron (as iron bisglycinate chelate†).....	18 mg.....100%	Dry Sprouted Barley Powder.....	100 mg.....**	Boron.....	1 mg.....**
Iodine (as potassium iodide).....	150 mcg.....100%	Active Herbal Blend.....	112 mg.....**	(as boron citrate, aspartate, glycinate chelate complex)	
Magnesium.....	125 mg.....31%	(eleuthero [root], ginkgo biloba [leaf], echinacea [aerial],		Carotenoid Mix.....	172 mcg.....**
(as magnesium oxide, magnesium citrate)		milk thistle [seed], ginger [root], cayenne [fruit])		(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
Zinc (as zinc picolinate).....	15 mg.....100%	Rutin.....	50 mg.....**		
		Apple Pectin.....	25 mg.....**		
		Inositol.....	25 mg.....**		

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Magnesium Stearate, Vegetable Glycerin, Mannitol, Maltodextrin. Contains wheat.

SUGGESTED USE: As a dietary supplement for adults, take three (3) tablets daily, preferably with a meal or as directed by a healthcare practitioner.

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

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 ragweed 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.

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