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RICH IN ANTIOXIDANT VITAMINS C & E

SOLGAR® Since 1947

FORMULA VM-75™

MULTIPLE VITAMINS WITH CHELATED MINERALS

DIETARY SUPPLEMENT

30 TABLETS

SUITABLE FOR VEGETARIANS

GLUTEN, WHEAT & DIRY FREE

PARVE

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
Vitamin A .....7500 IU	150%	Copper .....1 mg	50%
(as natural beta-carotene)		(as glycinate amino acid chelate†)	
Vitamin C .....250 mg	417%	Iodine (from kelp) .....1 mg	50%
(as niacinamide ascorbate, ascorbic acid)		(as glycinate amino acid chelate†)	
Vitamin D .....400 IU	100%	Chromium .....25 mcg	21%
(as ergocalciferol)		(as chromium nicotinate amino acid chelate†)	
Vitamin E .....150 IU	500%	Molybdenum .....25 mcg	33%
(as d-alpha tocopheryl succinate)		(as glycinate amino acid chelate†)	
Thiamin .....75 mg	5000%	Potassium.....1.8 mg	<1%
(as thiamin mononitrate)		(as potassium amino acid complex†)	
Riboflavin .....75 mg	4412%	Inositol .....75 mg	*
Niacin .....75 mg	375%	Choline .....31 mg	*
(as niacinamide ascorbate)		(as choline bitartrate)	
Vitamin B6 .....75 mg	3750%	Rutin.....37.5 mg	*
(as pyridoxine HCl)		Citrus Bioflavonoid .....25 mg	*
Folic Acid .....400 mcg	100%	Complex	
Vitamin B12 .....75 mcg	1250%	Betaine HCl .....25 mg	*
(as cobalamin)		Hesperidin .....8.5 mg	*
Biotin .....75 mcg	25%	Bioperine .....0.5 mg	*
Pantothenic Acid .....75 mg	750%	(as boron amino acid complex†)	
(as d-calcium pantothenate)		Carotenoid Mix.....86 mcg	*
Calcium .....20 mg	2%	(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
(as calcium carbonate, amino acid chelate†)		Powdered Blend .....4 mg	*
Iron .....1.3 mg	7%	(Alfalfa [leaf and stem], Acerola Complex [fruit], Parsley [leaf and stem], Rose Hips [fruit], Watercress [leaf]).	
(as iron bisglycinate chelate††)			
Iodine (from kelp)..150 mcg	100%		
Magnesium .....10 mg	3%		
(as glycinate amino acid chelate†, magnesium oxide)			
Zinc .....10 mg	67%		
(as glycinate amino acid chelate†, zinc oxide)			
Selenium .....25 mcg	36%		
(as l-selenomethionine)			

*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 neck 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.

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.

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