

SUGGESTED USE: As a dietary supplement for adults, take two (2) tablets 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.

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. 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

For more information, call toll-free

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FORMULA VM-PRIME®

FOR ADULTS 50+

IRON FREE MULTIPLE VITAMIN AND MINERAL FORMULA DIETARY SUPPLEMENT

100 TABLETS
SUITABLE FOR VEGANS
GLUTEN, WHEAT & DAIRY FREE



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

Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 50

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A.....5,000 IU100%		Biotin.....75 mcg25%		Manganese.....4 mg.....200%	
(as natural beta-carotene)		Pantothenic Acid.....25 mg.....250%		(as glycinate amino acid	
Vitamin C.....250 mg.....417%		(as D-Ca pantothenate)		chelate†)	
(as L-ascorbic acid)		Calcium.....66 mg.....7%		Chromium.....200 mcg ...167%	
Vitamin D.....400 IU100%		(as calcium carbonate,		(as chromium picolinate)	
(as ergocalciferol)		glycinate amino acid chelate†)			
Vitamin E.....150 IU500%		Iodine.....150 mcg ...100%		Choline.....200 mg.....*	
(as d-alpha-tocopheryl		(as potassium iodide)		(as choline bitartrate)	
acid succinate)		Magnesium.....32 mg.....8%		Inositol.....25 mg.....*	
Thiamin.....25 mg....1667%		(as magnesium oxide,		Betaine HCl.....25 mg.....*	
(as thiamin mononitrate)		glycinate amino acid chelate†)		Citrus Bioflavonoid.....25 mg.....*	
Riboflavin.....25 mg....1471%		Zinc.....15 mg....100%		Complex	
Niacin.....25 mg....125%		(as glycinate amino acid		Boron.....0.5 mg.....*	
(as niacinamide)		chelate†)		(as boron citrate)	
Vitamin B6.....25 mg....1250%		Selenium.....100 mcg ...143%		Mixed Carotenoids.....57 mcg.....*	
(as pyridoxine HCl)		(as L-selenomethionine)		(alpha and beta-carotene,	
Folic Acid.....400 mcg.....100%		Copper.....3 mg.....150%		lutein, zeaxanthin, cryptoxanthin)	
Vitamin B12.....100 mcg...1667%		(as glycinate amino acid			
(as cyanocobalamin)		chelate†)			

*Daily Value (DV) not established

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid, Vegetable Glycerin, Mannitol, Maltodextrin.

†US Patent Nos 6,706,904 and 6,716,814 are licensed by Albion International, Inc.