

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

This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

For more information, call toll-free
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Prod # 53745



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 IU 100%		Biotin.....75 mcg.....25%		Manganese.....4 mg.....200%	
(as natural beta-carotene)		Pantothenic Acid.....25 mg.....250%		(as glycinate amino acid chelate†)	
Vitamin C.....250 mg.....417%		(as D-Ca pantothenate)		Chromium.....200 mcg...167%	
(as L-ascorbic acid)		Calcium.....66 mg.....7%		(as chromium picolinate)	
Vitamin D.....400 IU 100%		(as calcium carbonate, glycinate amino acid chelate†)			
(as ergocalciferol)		Iodine.....150 mcg...100%		Choline.....200 mg.....*	
Vitamin E.....150 IU 500%		(as potassium iodide)		(as choline bitartrate)	
(as d-alpha-tocopheryl acid succinate)		Magnesium.....32 mg.....8%		Inositol.....25 mg.....*	
Thiamin.....25 mg...1667%		(as magnesium oxide, glycinate amino acid chelate†)		Betaine HCl.....25 mg.....*	
(as thiamin mononitrate)		Zinc.....15 mg...100%		Citrus Bioflavonoid.....25 mg.....*	
Riboflavin.....25 mg...1471%		(as glycinate amino acid chelate†)		Complex	
Niacin.....25 mg...125%		(as L-selenomethionine)		Boron.....0.5 mg.....*	
(as niacinamide)		Copper.....3 mg...150%		(as boron citrate)	
Vitamin B6.....25 mg...1250%		(as glycinate amino acid chelate†)		Mixed Carotenoids.....57 mcg.....*	
(as pyridoxine HCl)				(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
Folic Acid.....400 mcg...100%					
Vitamin B12.....100 mcg...1667%					
(as cyanocobalamin)					

*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.