

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

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: Wheat, Dairy, Yeast, Sugar, Sodium, 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 salmonella or dairy-like flavors. 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 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.

Solgar's KOF-K certification #K-1250

† US Patent No. 6,706,904 and 6,716,814 licensed by Abbot International, Inc.

Note: L-Tryptophan is naturally occurring

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

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Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A . . . 20,000 IU	400%	Molybdenum . . . 50 mcg	67%
(as 100% beta-carotene)		glycinate amino acid chelate)	
Vitamin C . . . 300 mg	500%	calcium . . . 10 mg	<1%
(as calcium ascorbate)		(as calcium chloride, amino acid chelate)	
Vitamin D . . . 400 IU	100%		
(as vitamin D ₃ cholecalciferol)			
Vitamin E . . . 200 IU	667%		
(as d-alpha-tocopheryl succinate)		Inositol . . . 100 mg	*
Thiamin . . . 100 mg	6667%	(as choline bitartrate)	
(as thiamin mononitrate)		Citrus Bioflavonoid Complex . . . 25 mg	*
Biobflavin . . . 100 mg	5882%	Calcium Cl ₂ . . . 25 mg	*
NaCl . . . 100 mg	500%	Calcium Phosphate . . . 20 mg	*
(as hexachloride, niacin)		Soy Lecithin . . . 20 mg	*
Vitamin B ₆ . . . 30 mg	4500%	L-Glutamine . . . 5 mg	*
(as pyridoxine HCl)		Boron (as boron amino acid complex)	1 mg
Folate . . . 400 mcg	100%	Carderoid MK . . . 229 mg	*
Vitamin B ₁₂ . . . 100 mcg	1667%	(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
(as cobalamin)		Free Food-Heal . . . 260 mg	*
Biotin . . . 100 mcg	333%	(Alfalfa leaf and stem), Rose Hips (fruit, Citrus Bioflavonoid Complex, Biotin, Dong Quai Root, Euthero root), Oat Fiber, Suma root, Watercress leaf), Echinnacea Purpurea (root), Parsley (leaf and stem), Spirulina, Hesperidin Complex)	
(as calcium ascorbate, d-calcium pantothenate, calcium phosphate, glycinate amino acid chelate, calcium pantothenate, calcium phosphate, iron (as ferrous sulfate, bise glycinate), sodium iodide, (as potassium iodide), Magnesium	56%	Soy Protein Isolate . . . 200 mg	*
Calcium . . . 65 mg	100%	ProVitamin D ₃ . . . 10 mg	*
(as calcium ascorbate, d-calcium pantothenate, calcium phosphate, glycinate amino acid chelate)		ProVitamin E . . . 10 mg	*
Iron . . . 10 mg	56%	L-Leucine, L-Proline, L-Serine, L-Leucine, L-Alanine, Glycine, L-Theanine, L-Tyrosine, L-Histidine, L-Tryptophan, L-Cysteine, L-Methionine	
(as ferrous sulfate, bise glycinate), sodium iodide, (as potassium iodide), Magnesium	100%		
Copper . . . 30 mg	8%		
(as magnesium oxide, glycinate amino acid chelate)			
Zinc (as zinc oxide) . . . 15 mg	100%		
Selenium . . . 25 mcg	36%		
Copper . . . 30 mcg	75%		
(as copper gluconate, glycinate amino acid chelate)			
Manganese . . . 2 mg	100%		
(as manganese gluconate, glycinate amino acid chelate)			
Chromium . . . 25 mcg	21%		
(as chromium picolinate, nicotinate glycinate chelate)			

*Daily Value (DV) not established

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ANTIOXIDANT
VITAMINS C & E**



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