

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Vegetable Magnesium Stearate, Titanium Dioxide (color), Silica, Vegetable Glycerin, Vegetable Stearic Acid, Maltodextrin.

**SUGGESTED USE:** As a dietary supplement for adults, take one (1) tablet daily, preferably with a meal or as directed by a healthcare practitioner.

**FREE OF:** Gluten, Wheat, Dairy, Yeast, Sugar, Sodium and Artificial Flavor.

If you are pregnant, nursing, taking any medications, have any medical condition, planning any medical or surgical procedure, or are planning to undergo any clinical lab testing, consult your doctor before use. Some supplements may interact with certain medications and/or interfere with certain lab tests. 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 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

† Albiion® is a registered trademark of Albiion Laboratories.

†† 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. Albiion® is a registered trademark of Albiion Laboratories.

For more information, call toll-free  
1-877-SOLGAR 4  
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**SOLGB78128 07F**

**Prod 1180**

**14-01180X33**

**STOP PEELING HERE**



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PEEL HERE  
SOLGB78128 07F

**RICH IN  
ANTIOXIDANT  
VITAMINS C & E**



**MULTIPLE VITAMINS  
WITH CHELATED MINERALS**

**DIETARY SUPPLEMENT**

**30 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: 1 Tablet

Amount Per Serving	%DV	Amount Per Serving	%DV		
Vitamin A	2,250 mcg	250%	Zinc	10 mg	91%
(as natural beta-carotene)			(as glycinate amino acid chelate†, zinc oxide)		
Vitamin C	250 mg	278%	Selenium	25 mcg	45%
(as ascorbic acid)			(as L-selenomethionine)		
Vitamin D	10 mcg (400 IU)	50%	Copper	1 mg	11%
(as ergocalciferol)			(as glycinate amino acid chelate†)		
Vitamin E	100 mg	667%	Manganese	1 mg	43%
(as d-alpha tocopheryl succinate)			(as glycinate amino acid chelate†)		
Thiamin	75 mg	6,250%	Chromium	25 mcg	71%
(as thiamin mononitrate)			(as chromium nicotinate amino acid chelate†)		
Riboflavin	75 mg	5,789%	Molybdenum	25 mcg	56%
Niacin	75 mg	469%	(as glycinate amino acid chelate†)		
(as niacinamide ascorbate)			Potassium	1.8 mg	<1%
Vitamin B6	75 mg	4,412%	(as potassium amino acid complex†)		
(as pyridoxine HCl)			Inositol	75 mg	*
Folate	666 mcg DFE	167%	Rutin	37.5 mg	*
(400 mcg folic acid)			Chitos Bifloralonol	25 mg	*
Vitamin B12	75 mcg	3,125%	Complex		
(as cyanocobalamin)			Betaine HCl	25 mg	*
Biotin	75 mcg	250%	Hesperidin	8.5 mg	*
Pantothenic Acid	75 mg	1,500%	(as d-calcium pantothenate)		
(as d-calcium pantothenate)			Powdered Blend	4 mg	*
Choline	31 mg	6%	(Alfalfa [fruit and stem], Acerola Complex [fruit], Parsley [leaf and stem], Rose Hips [fruit], Watercress [leaf])		
(as choline bitartrate)			Boron	0.5 mg	*
Calcium	20 mg	2%	(as boron amino acid complex†)		
(as calcium carbonate, amino acid chelate†)			Carotenoid Mix	86 mcg	*
Iron	1.3 mg	7%	(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)		
(as iron bisglycinate chelate†)			from kelp		
Biotin	150 mcg	100%	Magnesium	10 mg	2%
(from kelp)			(as glycinate amino acid chelate†, magnesium oxide)		

\*Daily Value (DV) not established

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