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. 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

† U.S. patent No.'s 6,706,904 and 6,716,814 are licensed by Albion International, Inc.

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RICH IN ANTIOXIDANT VITAMINS C & E

SOLGAR® Since 1947

IRON-FREE

FORMULA V™ VM - 75®

MULTIPLE VITAMINS WITH CHELATED MINERALS

DIETARY SUPPLEMENT

180 TABLETS

SUITABLE FOR VEGETARIANS

GLUTEN, WHEAT & DAIRY FREE

PARVE

Supplement Facts

Serving Size: 1 Tablet

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

*Daily Value (DV) not established

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

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

SOLGB78129 02B

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