

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

SUGGESTED USE: As a dietary supplement for adults, take two (2) tablets daily, preferably with a meal or as directed by a healthcare practitioner.

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 sunflowers or daisy-like flowers. 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 outer bottle 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.

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

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

Note: L-Tryptophan is naturally occurring.

Solgar's KOF-K certification #K-1250

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CAREFULLY MANUFACTURED BY:
SOLGAR, INC.
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Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 45

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A.....20,000 IU.....400%		Iodine (as potassium iodide).....150 mcg.....100%		Betaine HCl.....25 mg.....*	
(as 100% beta-carotene)		Magnesium.....30 mg.....8%		Pyridoxal-5'-Phosphate.....20 mg.....*	
Vitamin C.....300 mg.....500%		(as magnesium oxide, glycinate amino acid chelate†)		Soy Lecithin.....20 mg.....*	
(as calcium ascorbate)		Zinc (as zinc oxide.....15 mg.....100%		L-Glutathione.....5 mg.....*	
Vitamin D.....400 IU.....100%		glycinate amino acid chelate†)		Boron.....1 mg.....*	
(as ergocalciferol)		Selenium.....25 mcg.....36%		(as boron amino acid complex)	
Vitamin E.....200 IU.....667%		(as L-selenomethionine)		Carotenoid Mix.....229 mcg.....*	
(as d-alpha-tocopheryl succinate)		Copper.....1.5 mg.....75%		(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
Thiamin.....100 mg.....6667%		(as copper gluconate, glycinate amino acid chelate†)		Whole Food/Herbal.....260 mg.....*	
(as thiamin mononitrate)		Manganese.....2 mg.....100%		Blend Complex	
Riboflavin.....100 mg.....5882%		(as manganese gluconate, glycinate amino acid chelate†)		(Alfalfa [leaf and stem], Rose Hips	
Niacin.....100 mg.....500%		Chromium.....25 mcg.....21%		(fruit), Citrus Bioflavonoid Complex,	
(as niacinamide, niacin)		(as chromium picolinate, nicotinate glycinate chelate†)		Rutin, Dong Quai [root], Eleuthero	
Vitamin B6.....90 mg.....4500%		Molybdenum.....50 mcg.....67%		[root], Oat Fiber, Suma [root],	
(as pyridoxine HCl)		(as molybdenum glycinate amino acid chelate†)		Watercress [leaf], Echinacea Purpurea	
Folic Acid.....400 mcg.....100%		Potassium.....10 mg.....<1%		[root], Parsley [leaf and stem],	
Vitamin B12.....100 mcg.....1667%		(as potassium chloride, amino acid chelate†)		Spirulina, Hesperidin Complex)	
(as cobalamin)		Inositol.....100 mg.....*		Soy Protein Isolate.....200 mg.....*	
Biotin.....100 mcg.....33%		Choline.....41 mg.....*		Providing: L-Glutamic Acid,	
Pantothenic Acid.....100 mg.....1000%		(as choline bitartrate)		L-Aspartic Acid, L-Leucine,	
(as d-calcium pantothenate)		Citrus Bioflavonoid Complex.....25 mg.....*		L-Arginine, L-Lysine, L-Phenylalanine,	
Calcium.....65 mg.....7%				L-Serine, L-Proline, L-Valine,	
(as calcium ascorbate, glycinate amino acid chelate†, d-calcium pantothenate, dicalcium phosphate, carbonate)				L-Isoleucine, L-Alanine, Glycine,	
Iron.....10 mg.....56%				L-Threonine, L-Tyrosine, L-Histidine,	
(as ferrous sulfate, bisglycinate††)				L-Tryptophan, L-Cysteine, L-Methionine	

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

*Daily Value (DV) not established