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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

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

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SOLGB78128 04D

**RICH IN
 ANTIOXIDANT
 VITAMINS C & E**



**MULTIPLE VITAMINS
 WITH CHELATED MINERALS
 DIETARY SUPPLEMENT
 60 TABLETS**

**SUITABLE FOR VEGETARIANS
 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	Amount Per Serving	%DV
Vitamin A.....7500 IU.....150%		Iodine (from kelp).....150 mcg...100%		Inositol.....75 mg.....*	
(as natural beta-carotene)		Magnesium (as glycinate amino acid...10 mg.....3%		Choline (as choline bitartrate).....31 mg.....*	
Vitamin C (as niacinamide ascorbate, L-ascorbic acid).....250 mg.....417%		chelate†, magnesium oxide)		Rutin.....37.5 mg.....*	
Vitamin D (as ergocalciferol).....400 IU.....100%		Zinc.....10 mg.....67%		Citrus Bioflavonoid Complex.....25 mg.....*	
Vitamin E.....150 IU.....500%		(as glycinate amino acid chelate†, zinc oxide)		Betaine HCl.....25 mg.....*	
(as d-alpha-tocopheryl succinate)		Selenium (as L-selenomethionine)....25 mcg...36%		Hesperidin.....8.5 mg.....*	
Thiamin (as thiamin mononitrate)..75 mg.....5000%		Copper.....1 mg.....50%		Boron.....0.5 mg.....*	
Riboflavin.....75 mg.....4412%		(as glycinate amino acid chelate†)		(as boron amino acid complex†)	
Niacin (as niacinamide ascorbate)..75 mg.....375%		Manganese.....1 mg.....50%		Carotenoid Mix.....86 mcg.....*	
Vitamin B6 (as pyridoxine HCl).....75 mg.....3750%		(as glycinate amino acid chelate†)		(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
Folic Acid.....400 mcg.....100%		Chromium.....25 mcg.....21%		Powdered Blend.....4 mg.....*	
Vitamin B12 (as cobalamin).....75 mcg...1250%		(as chromium nicotinate amino acid chelate†)		(Alfalfa [leaf and stem], Acerola Complex [fruit], Parsley [leaf and stem], Rose Hips [fruit], Watercress [leaf])	
Biotin.....75 mcg.....25%		Molybdenum.....25 mcg...33%			
Pantothenic Acid.....75 mg.....750%		(as glycinate amino acid chelate†)			
(as d-calcium pantothenate)		Potassium.....1.8 mg.....<1%			
Calcium (as calcium carbonate, amino acid chelate†).....20 mg.....2%		(as potassium amino acid complex†)			
Iron (as iron bisglycinate chelate†).....1.3 mg.....7%					

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

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

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. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

*Daily Value (DV) not established.