

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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**RICH IN
ANTIOXIDANT
VITAMINS C & E**



Since 1947



**MULTIPLE VITAMINS
WITH
CHELATED MINERALS**

DIETARY SUPPLEMENT

90 TABLETS

**SUITABLE FOR VEGETARIANS
GLUTEN, WHEAT & DAIRY FREE**



Supplement Facts

Serving Size: 1 Tablet

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

*Daily Value (DV) not established

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, Artificial Flavor and Preservatives.

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.

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CAREFULLY MANUFACTURED BY:
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