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

SOLGAR®
Since 1947

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

*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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