

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.

For more information, call toll-free
1-877-SOLGAR 4
www.solgar.com
©2017 Solgar, Inc.



SOLGB78129 03C

CAREFULLY MANUFACTURED BY:
SOLGAR, INC., 500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.

RICH IN ANTIOXIDANT VITAMINS C & E

Since  1947

IRON-FREE

FORMULA VTM VM-75[®]

MULTIPLE VITAMINS WITH CHELATED MINERALS

DIETARY SUPPLEMENT

180 TABLETS
SUITABLE FOR VEGANS
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 IU150%		Iodine (from kelp).....150 mcg.....100%		Inositol75 mg.....*	
(as natural beta-carotene)		Magnesium.....10 mg3%		Choline.....31 mg.....*	
Vitamin C250 mg.....417%		(as glycinate amino acid chelate†, magnesium oxide)		(as choline bitartrate)	
(as niacinamide ascorbate, L-ascorbic acid)		Zinc10 mg67%		Rutin37.5 mg.....*	
Vitamin D (as ergocalciferol)....400 IU100%		(as glycinate amino acid chelate†, zinc oxide)		Citrus Bioflavonoid Complex25 mg.....*	
Vitamin E.....150 IU500%		Selenium25 mcg.....36%		Betaine HCl25 mg.....*	
(as d-alpha-tocopheryl succinate)		(as L-selenomethionine)		Hesperidin.....8.5 mg.....*	
Thiamin75 mg5000%		Copper1 mg50%		Boron0.5 mg.....*	
(as thiamin mononitrate)		(as glycinate amino acid chelate†)		(as boron amino acid complex†)	
Riboflavin75 mg4412%		Manganese.....1 mg50%		Carotenoid Mix.....86 mcg.....*	
Niacin75 mg375%		(as glycinate amino acid chelate†)		(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
(as niacinamide ascorbate)		Chromium.....25 mcg.....21%		Powdered Blend4 mg.....*	
Vitamin B6 (as pyridoxine HCl)....75 mg3750%		(as chromium nicotinate amino acid chelate†)		(Alfalfa [leaf and stem], Acerola Complex [fruit], Parsley [leaf and stem], Rose Hips [fruit], Watercress [leaf])	
Folic Acid400 mcg100%		Molybdenum25 mcg33%			
Vitamin B12 (as cobalamin).....75 mcg1250%		(as glycinate amino acid chelate†)			
Biotin75 mcg25%		Potassium.....1.8 mg<1%			
Pantothenic Acid.....75 mg750%		(as potassium amino acid complex†)			
(as d-calcium pantothenate)					
Calcium.....20 mg2%					
(as calcium carbonate, amino acid chelate†)					

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.



0 33984 01153 3