

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.

**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

† 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. Albion International, Inc.

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**SOLGB78143 03C**

**RICH IN  
ANTIOXIDANT  
VITAMINS C & E**



Since 1947

**FORMULA V<sup>TM</sup> VM-75<sup>®</sup>**

**MULTIPLE VITAMINS  
WITH  
CHELATED MINERALS**

**DIETARY SUPPLEMENT  
120 VEGETABLE CAPSULES  
SUITABLE FOR VEGANS  
GLUTEN, WHEAT & DAIRY FREE  
Non-GMO**



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

## Supplement Facts

Serving Size: 2 Vegetable Capsules  
Servings Per Container: 60

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A ..... 2,250 mcg.....250%		Calcium ..... 20 mg.....2%		Potassium ..... 1.8 mg.....<1%	
(as natural beta-carotene)		(as calcium carbonate, glycinate amino acid chelate†)		(as potassium amino acid complex)	
Vitamin C.....250 mg.....278%		Iron.....1.3 mg.....7%		Inositol.....75 mg.....*	
(as niacinamide ascorbate, L-ascorbic acid)		(as iron bisglycinate chelate††)		Rutin.....37.5 mg.....*	
Vitamin D.....10 mcg (400IU)...50%		Iodine (from kelp) .....150 mcg .....100%		Citrus Bioflavonoid Complex.....25 mg.....*	
(as ergocalciferol)		Magnesium.....10 mg.....2%		Hesperidin .....8.5 mg.....*	
Vitamin E.....100 mg.....667%		(as glycinate amino acid chelate†, magnesium oxide)		Betaine HCl.....25 mg.....*	
(as d-alpha tocopheryl succinate)		Zinc ..... 10 mg .....91%		Boron .....0.5 mg.....*	
Thiamin (as thiamin mononitrate)...75 mg....6,250%		(as glycinate amino acid chelate†, zinc oxide)		(as boron amino acid complex)	
Riboflavin.....75 mg....5,769%		Selenium .....25 mcg.....45%		Carotenoid Mix .....86 mcg.....*	
Niacin (as niacinamide ascorbate) ...75 mg.....469%		(as L-selenomethionine)		(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
Vitamin B6 (as pyridoxine HCl).....75 mg....4,412%		Copper .....1 mg.....111%		Powdered Blend.....4 mg.....*	
Folic Acid .....666 mcg DFE .....167%		(as glycinate amino acid chelate†)		(Aitafa [leaf and stem], Acerola Complex [fruit], Parsley [leaf and stem], Rose Hips [fruit], Watercress [leaf])	
(400 mcg Folic Acid)		Manganese .....1 mg.....43%			
Vitamin B12 (as cobalamin).....75 mcg ..3,125%		(as glycinate amino acid chelate†)			
Biotin.....75 mcg.....250%		Chromium.....25 mcg.....71%			
Pantothenic Acid.....75 mg....1,500%		(as chromium nicotinate amino acid chelate†)			
(as d-calcium pantothenate)		Molybdenum.....25 mcg.....56%			
Choline (as choline bitartrate).....31 mg.....6%		(as glycinate amino acid chelate†)			

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate, Silica, Maltodextrin.

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

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