

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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**RICH IN
ANTIOXIDANT
VITAMINS C & E**



Since 1947

FORMULA VTM VM-75[®]

**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 A2,250 mcg.....250%		Calcium20 mg.....2%		Potassium1.8 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 mcg100%		Citrus Bioflavonoid Complex.....25 mg.....*	
(as ergocalciferol)		Magnesium.....10 mg.....2%		Hesperidin8.5 mg.....*	
Vitamin E.....100 mg.....667%		(as glycinate amino acid chelate†, magnesium oxide)		Betaine HCl.....25 mg.....*	
(as d-alpha tocopheryl succinate)		Zinc10 mg.....91%		Boron0.5 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%		Selenium25 mcg.....45%		Carotenoid Mix86 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%		Copper1 mg.....111%		Powdered Blend.....4 mg.....*	
Folic Acid666 mcg DFE167%		(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)		Manganese1 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.