



For more information, call toll-free 1-877-SOLGAR 4



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

FORMULA V™
VM-75®
MULTIPLE VITAMINS
WITH CHELATED MINERALS
DIETARY SUPPLEMENT
60 VEGETABLE CAPSULES
SUITABLE FOR VEGANS
GLUTEN, WHEAT & DAIRY FREE
Non-GMO



**RICH IN
ANTIOXIDANT
VITAMINS C & E**

Since **SOLGAR®** 1947

Supplement Facts

Serving Size: 2 Vegetable Capsules
Servings Per Container: 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A.....2,250 mcg	250%	Selenium.....25 mcg	45%
(as natural beta-carotene)		(as L-selenomethionine)	
Vitamin C.....250 mg	278%	Copper.....1 mg	111%
(as niacinamide ascorbate, L-ascorbic acid)		(as glycinate amino acid chelate†)	
Vitamin D.....10 mcg (400 IU)	50%	Manganese.....1 mg	43%
(as ergocalciferol)		(as glycinate amino acid chelate†)	
Vitamin E.....100 mg	667%	Chromium.....25 mcg	71%
(as d-alpha tocopheryl succinate)		(as chromium nicotinate amino acid chelate†)	
Thiamin.....75 mg	6,250%	Molybdenum.....25 mcg	56%
(as thiamin mononitrate)		(as glycinate amino acid chelate†)	
Riboflavin.....75 mg	5,769%	Potassium.....1.8 mg	<1%
Niacin.....75 mg	469%	(as potassium amino acid complex)	
(as niacinamide ascorbate)		Inositol.....75 mg	*
Vitamin B6.....75 mg	4,412%	Rutin.....37.5 mg	*
(as pyridoxine HCl)		Citrus Bioflavonoid.....25 mg	*
Folic Acid.....666 mcg DFE	167%	Complex	
(400 mcg Folic Acid)		Hesperidin.....8.5 mg	*
Vitamin B12.....75 mcg	3,125%	Betaine HCl.....25 mg	*
(as cobalamin)		Boron.....0.5 mg	*
Biotin.....75 mcg	250%	(as boron amino acid complex)	
Pantothenic Acid.....75 mg	1,500%	Carotenoid Mix.....86 mcg	*
(as d-calcium pantothenate)		(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
Choline.....31 mg	6%	Powdered Blend.....4 mg	*
(as choline bitartrate)		(Aitafia [leaf and stem], Acerola Complex [fruit], Parsley [leaf and stem], Rose Hips [fruit], Watercress [leaf])	
Calcium.....20 mg	2%	*Daily Value (DV) not established	
(as calcium carbonate, glycinate amino acid chelate†)			
Iron.....1.3 mg	7%		
(as iron bisglycinate chelate†)			
Iodine (from kelp).....150 mcg	100%		
Magnesium.....10 mg	2%		
(as glycinate amino acid chelate, magnesium oxide)			
Zinc.....10 mg	91%		
(as glycinate amino acid chelate†, zinc oxide)			

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

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 inner 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.

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