

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

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.

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**RICH IN
ANTIOXIDANT
VITAMINS C & E**



Since 1947

IRON-FREE

FORMULA VTM VM-75[®]

**MULTIPLE VITAMINS
WITH CHELATED MINERALS
DIETARY SUPPLEMENT**

**90 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 A7500 IU.....150%		Pantothenic Acid75 mg ..750%		Potassium1.8 mg<1%	
(as natural beta-carotene)		(as d-calcium pantothenate)		(as potassium amino acid complex†)	
Vitamin C250 mg417%		Calcium20 mg2%		Inositol75 mg*	
(as niacinamide ascorbate, L-ascorbic acid)		(as calcium carbonate, amino acid chelate†)		Choline (as choline bitartrate)31 mg*	
Vitamin D400 IU100%		Iodine (from kelp)150 mcg ..100%		Rutin37.5 mg*	
(as ergocalciferol)		Magnesium10 mg3%		Citrus Bioflavonoid Complex25 mg*	
Vitamin E150 IU500%		(as glycinate amino acid chelate†, magnesium oxide)		Betaine HCl25 mg*	
(as d-alpha-tocopheryl succinate)		Zinc10 mg67%		Hesperidin8.5 mg*	
Thiamin75 mg5000%		(as glycinate amino acid chelate†, zinc oxide)		Boron0.5 mg*	
Riboflavin75 mg4412%		Selenium (as L-selenomethionine) ..25 mcg ...36%		(as boron amino acid complex†)	
Niacin75 mg375%		Copper1 mg50%		Carotenoid Mix86 mcg*	
(as niacinamide ascorbate)		(as glycinate amino acid chelate†)		(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
Vitamin B675 mg3750%		Manganese1 mg50%		Powdered Blend4 mg*	
(as pyridoxine HCl)		(as glycinate amino acid chelate†)		(Alfalfa [leaf and stem], Acerola Complex [fruit], Parsley [leaf and stem], Rose Hips [fruit], Watercress [leaf])	
Folic Acid400 mcg100%		Chromium25 mcg21%			
Vitamin B1275 mcg1250%		(as chromium nicotinate amino acid chelate†)			
(as cobalamin)		Molybdenum25 mcg33%			
Biotin75 mcg25%		(as glycinate 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.



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