






# Formula VM-75® Tablets
## Multiple Vitamins with Chelated Minerals

Dietary Supplement

SUGAR, SALT AND STARCH FREE

DAILY REGIMEN

**Supplement Facts**
Serving Size 1 Tablet

| | Amount Per Tablet | % Daily Value |
|---|---|---|
| Calories | 5 | |
| Total Carbohydrate | 1 g | <1%* |
| Protein | <1 g | <1%* |
| Vitamin A (as natural beta carotene) | 7500 IU | 150% |
| Vitamin C (as niacinamide ascorbate, L-ascorbic acid) | 250 mg | 417% |
| Vitamin D (as ergocalciferol) | 400 IU | 100% |
| Vitamin E (as D-alpha tocopheryl succinate) | 150 IU | 500% |
| Thiamin (as thiamin mononitrate) | 75 mg | 5000% |
| Riboflavin | 75 mg | 4412% |
| Niacin (as niacinamide ascorbate) | 75 mg | 375% |
| Vitamin B6 (as pyridoxine HCl) | 75 mg | 3750% |
| Folic Acid | 400 mcg | 100% |
| Vitamin B12 (as cobalamin) | 75 mcg | 1250% |
| Biotin | 75 mcg | 25% |
| Pantothenic Acid (as D-Ca pantothenate) | 75 mg | 750% |
| Calcium (as calcium carbonate, glycinate amino acid chelate†) | 20 mg | 2% |
| Iron (as iron bisglycinate††) | 1.3 mg | 7% |
| Iodine (from kelp) | 150 mcg | 100% |
| Magnesium (as glycinate amino acid chelate†, magnesium oxide) | 10 mg | 3% |

| | | |
|---|---|---|
| Zinc (as glycinate amino acid chelate†, zinc oxide) | 10 mg | 67% |
| Selenium (as L-selenomethionine) | 25 mcg | 36% |
| Copper (as glycinate amino acid chelate†, copper oxide) | 1 mg | 50% |
| Manganese (as glycinate amino acid chelate†) | 1 mg | 50% |
| Chromium (as niacin amino acid chelate†††) | 25 mcg | 21% |
| Molybdenum (as glycinate amino acid chelate†) | 25 mcg | 33% |
| Potassium (as potassium amino acid complex) | 1.8 mg | <1% |
| Inositol | 75 mg | ** |
| Choline (as choline bitartrate) | 31 mg | ** |
| Betaine HCl | 25 mg | ** |
| Rutin | 25 mg | ** |
| Citrus Bioflavonoids | 25 mg | ** |
| Hesperidin | 5 mg | ** |
| Boron (as boron amino acid complex) | 0.5 mg | ** |
| Carotenoid Mix (Alpha Carotene, Lutein, Zeaxanthin, Cryptoxanthin) | 86 mcg | ** |
| Natural Powdered Blend (Alfalfa [whole-plant], Acerola [berry], Kelp [whole-plant], Parsley [aerial], Rose Hips [fruit] and Watercress [whole-plant]) | 4 mg | ** |

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
** Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Magnesium Stearate, Titanium Dioxide, Vegetable Glycerin, Vegetable Stearic Acid, Carnauba Wax.

† Albion process patent No. 4,599,152 Chelazomes

†† Unique form of chelated iron (iron bisglycinate) formulated for maximum absorption without gastrointestinal irritation or the constipating effects that often accompany iron supplementation. Albion process patent No. 4,599,152 Chelazomes

††† Albion process patent No. 5,292,729 Chelazomes

Solgar's Formula VM-75® Tablets are free of corn, yeast, wheat, soy and dairy products and are formulated without the use of preservatives, artificial flavors or colors.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

**For more information call**: 1-877-SOLGAR 4

**UPC Code(s)**: 1180,,1181,1182,1183,1184

**Available in Bottles of**: 30,30,60,90,180,360

**Solgar's KOF-K Kosher certification #K-1250** PARVE

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. 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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