



Formula VM-2000® Tablets

Multinutrient Formula

SUGAR AND STARCH FREE

DAILY REGIMEN

Supplement Facts
Serving Size 2 Tablets
Servings Per Container: 15

	Amount Per 2 Tablets	% Daily Value
Calories	10	
Total Carbohydrate	<1 g	<1%*
Protein	<1 g	2%*
Vitamin A (as natural beta carotene)	20000 IU	400%
Vitamin C (as calcium ascorbate)	300 mg	500%
Vitamin D (as ergocalciferol)	400 IU	100%
Vitamin E (as D-alpha tocopheryl succinate)	200 IU	667%
Thiamin (as thiamin mononitrate)	100 mg	6667%
Riboflavin	100 mg	5882%
Niacin (as niacinamide, niacin)	100 mg	500%
Vitamin B6 (as pyridoxine HCl)	90 mg	4500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (as D-Ca pantothenate)	100 mg	1000%
Calcium (as calcium carbonate, glycinate amino acid chelate†)	50 mg	5%

Iron (as ferrous sulfate, bisglycinate††)	10 mg	56%
Iodine (from kelp)	150 mcg	100%
Magnesium (as magnesium oxide, glycinate amino acid chelate†)	30 mg	8%
Zinc (as zinc oxide, glycinate amino acid chelate†)	15 mg	100%
Selenium (as L-selenomethionine)	25 mcg	36%
Copper (as copper gluconate, glycinate amino acid chelate†, copper oxide)	1.5 mg	75%
Manganese (as manganese gluconate, glycinate amino acid chelate†)	2 mg	100%
Chromium (as chromium picolinate, yeast-free)	25 mcg	21%
Molybdenum (as glycinate amino acid chelate†)	50 mcg	67%
Sodium†††	10 mg	<1%
Potassium (as potassium chloride, glycinate amino acid complex)	10 mg	<1%
Inositol	100 mg	**
Choline (as choline bitartrate)	41 mg	**
Rose Hips (fruit)	40 mg	**
Rutin	25 mg	**
Citrus Bioflavonoids	25 mg	**
Betaine HCl	25 mg	**
L-Glutamic Acid	25 mg	**
Pyridoxal-5-Phosphate	20 mg	**
Hesperidin	5 mg	**
L-Glutathione	5 mg	**
Boron (as boron amino acid complex)	1 mg	**
Carotenoid Mix (Alpha Carotene, Lutein, Zeaxanthin, Cryptoxanthin)	229 mcg	**
Whole Food/ Herbal Blend (Alfalfa [whole-plant], Lecithin, Bee Pollen, Spirulina, Siberian Ginseng [root], Echinacea Purpurea [root], Suma, Dong Quai [root], Silica [from horsetail], Oat Bran, Parsley [aerial] and Watercress [whole-plant])	260 mg	**
VM-2000 Soy Protein/Amino Acid Blend (L-Glutamic Acid, L-Aspartic Acid, L-Leucine, L-Arginine, L-Lysine, L-Phenylalanine, L-Serine, L-Proline, L-Valine, L-Isoleucine, L-Alanine, Glycine, L-Threonine, L-Tyrosine, L-Histidine, L-Cysteine, L-Methionine, L-Ornithine, Taurine)	200 mg	**

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

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Vegetable Stearic Acid, Silica, Vegetable Magnesium Stearate, Citric Acid, Vegetable Glycerin, L-Aspartic Acid, Picolinic Acid, Carnauba Wax.

CAUTION: PHENYLKETONURICS (PKU): This product contains L-Phenylalanine.

† Special multi-chelate formula providing minerals complexed as amino acid chelates. 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

††† Naturally occurring; therefore amount may vary.

Servings per container information in the Supplement Facts box is based on the 30 Tablets container.

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

Solgar's Formula VM-2000® Tablets are free of corn, yeast, wheat and dairy products and are formulated without the use of preservatives, artificial flavors or colors.

For more information call: 1-877-SOLGAR 4

UPC Code(s): ,1187,1188,1189

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

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

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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