

Vitamins Only Vegetable Capsules

Dietary Supplement

SUGAR, SALT AND STARCH FREE

DAILY REGIMEN

Supplement Facts
Serving Size 1 Capsule

	Amount Per Capsule	% Daily Value
Total Carbohydrate	<1 g	<1%*
Vitamin A (as palmitate 7500 IU, 40% [2500 IU] as natural beta carotene)	10000 IU	200%
Vitamin C (as L-ascorbic acid)	250 mg	417%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as D-alpha tocopheryl succinate)	150 IU	500%
Thiamin (as thiamin mononitrate)	50 mg	3333%
Riboflavin	50 mg	2941%
Niacin (as niacinamide ascorbate)	50 mg	250%
Vitamin B6 (as pyridoxine HCl)	50 mg	2500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cobalamin)	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic Acid (as D-Ca pantothenate)	50 mg	500%
Inositol	50 mg	**
Choline (as choline bitartrate)	21 mg	**
Other Carotenoids (alpha carotene, lutein, zeaxanthin, cryptoxanthin)	29 mcg	**

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

Other Ingredients: Vegetable Cellulose, Silica, Vegetable Magnesium Stearate, Water. May contain vegetable glycerin.

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 Vitamins Only Vegetable Capsules are free of corn, yeast, wheat, soy and dairy products and are formulated without the use of preservatives, arificial flavors or colors.

For more information call: 1-877-SOLGAR 4

UPC Code(s): 2811,2812,2813

Available in Bottles of: 60,90,180

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

Return to Search Results

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