



Formula VM-75® Vegetable Capsules

Multiple Vitamins with Chelated Minerals

SUGAR, SALT AND STARCH FREE

DAILY REGIMEN

Supplement Facts
Serving Size 2 Capsules
Servings Per Container: 30

	Amount Per 2 Capsules	% Daily Value
Calories	5	
Total Carbohydrates	1 g	<1%*
Dietary Fiber	<1g	<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 mg	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	**
Rutin	25 mg	**
Citrus Bioflavonoids	25 mg	**
Hesperidin	5 mg	**
Betaine HCl	25 mg	**
Boron (as boron amino acid complex)	.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	*

* Daily Value (DV) not established.

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

† 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

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 VM-75® Vegetable Capsules are free of corn, yeast, wheat, soy and dairy products and are formulated without the use of preservatives, artificial flavors or colors.

Servings per container information in the Supplement Facts box is based on the 60 Capsule container.

For more information call: 1-877-SOLGAR 4

UPC Code(s): 1166,1167

Available in Bottles of: 60,120

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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