

Iron-Free Formula VM-75® Tablets

Multiple Vitamins with Chelated Minerals

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 cholecalciferol)	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, amino acid chelate†)	20 mg	2%
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	**
Betaine HCl	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, Titanium Dioxide, Vegetable Magnesium Stearate, Vegetable Stearic Acid, Annatto, Vegetable Glycerin, Carnauba Wax.

† 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 Iron Free 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.

For more information call: 1-877-SOLGAR 4

UPC Code(s): ,1173,1174

Available in Bottles of: 30,60,90

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

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