

Item No. 18540
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Puritan's Pride®

Item No. 18540

EAR CARE

with Bioflavonoids
Antioxidant Protection
for Ear Health*

100
Coated
Caplets

**Vegetarian
Dietary Supplement**

Supplement Facts

Serving Size 3 Caplets
Servings Per Container 33

Amount Per Serving	%Daily Value	
Vitamin C (as Ascorbic Acid)	300 mg	500%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1 mg	67%
Riboflavin (Vitamin B-2)	1 mg	59%
Niacin (as Niacinamide)	10 mg	50%
Vitamin B-6 (as Pyridoxine Hydrochloride)	1 mg	50%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate)	5 mg	50%
Calcium (as Calcium Carbonate)	130 mg	13%
Sodium	10 mg	<1%
Inositol	334 mg	**
Choline (as Choline Bitartrate)	334 mg	**
Lemon Bioflavonoids (Citrus limon) (fruit) (from 75 mg of a 4:1 Extract)	300 mg	**

**Daily Value not established

Other Ingredients: Vegetable Cellulose, Silica, Calcium Silicate, Titanium Dioxide Color, Vegetable Magnesium Stearate, Vanillin.

DIRECTIONS: For adults, take three (3) caplets daily, preferably with a meal.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

No Preservatives, No Sugar, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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Carefully Manufactured by
PURITAN'S PRIDE, INC.
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