

Vitamin World products are subject to critically stringent quality assurance analysis. Our state-of-the-art laboratory, manufacturing and packaging facilities insure the highest quality nutritional supplements money can buy. *Your health & safety are our first priority!*



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MEGA VITA-MIN™ MEGA VITA-MIN™
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VITAMIN WORLD®
get healthy.

MEGA Vita-Min™ ADULT CHEWABLE

Pineapple Flavored
COMPLETE FORMULA
FOR ENERGY METABOLISM
AND NUTRITIONAL PROTECTION*

100 DELICIOUS
CHEWABLE
WAFERS | DIETARY SUPPLEMENT

DIRECTIONS: For adults, chew one (1) wafer daily, preferably with a meal.

Supplement Facts

Serving Size 1 Wafer

Amount Per Serving	%Daily Value
Calories	5
Total Carbohydrate	2 g 1%**
Sugars	2 g ***
Vitamin A (as Beta-Carotene)	5,000 IU 100%
Vitamin C (as Ascorbic Acid and Rose Hips)	150 mg 250%
Vitamin D (as Cholecalciferol)	400 IU 100%
Vitamin E (as d-Alpha Tocopheryl Acetate)	100 IU 333%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	15 mg 1,000%
Riboflavin (Vitamin B-2)	15 mg 882%
Niacin (as Niacinamide)	25 mg 125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	15 mg 750%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	15 mcg 250%
Biotin (as d-Biotin)	20 mcg 7%
Pantothenic Acid (as d-Calcium Pantothenate)	20 mg 200%

Calcium (as Calcium Carbonate, d-Calcium Pantothenate and Dicalcium Phosphate)	10 mg	1%
Iron (as Ferrous Fumarate)	5 mg	28%
Iodine (as Potassium Iodide)	100 mcg	67%
Magnesium (as Magnesium Gluconate)	0.145 mg	<1%
Zinc (as Zinc Gluconate)	0.325 mg	2%
Copper (as Copper Gluconate)	0.05 mg	3%
Manganese (as Manganese Gluconate)	0.017 mg	1%
Soy Lecithin	25 mg	***
Choline Bitartrate	5 mg	***
Hesperidin Complex (<i>Citrus sinensis</i>) (fruit)	5 mg	***
Betaine Hydrochloride	5 mg	***
Rutin	2.5 mg	***
Citrus Bioflavonoids (<i>Citrus sinensis</i>) (orange) (fruit)	2.5 mg	***
PABA (Para-Aminobenzoic Acid)	2.5 mg	***
Inositol	2.5 mg	***

**Percent Daily Values are based on a 2,000 calorie diet.

***Daily Value not established.

Other Ingredients: Dextrose, Fructose, Vegetable Cellulose, Natural Flavors, Silica, Vegetable Stearic Acid, Sucralose, Rice Bran.

No Artificial Color or Flavor, No Preservatives, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

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

*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.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

TO REORDER PROD. # 60535
www.vitaminworld.com
1-800-228-4533

Carefully Manufactured by Vitamin World, Inc.
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