

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 MEGA



MEGA Vita-Min™ TEENS

**Premium Performance
Formula Specific for Teens**

**120 EASY TO SWALLOW
COATED CAPLETS**

**DIETARY
SUPPLEMENT**

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

Supplement Facts

Serving Size 3 Caplets
Servings Per Container 40

Amount Per Serving	%Daily Value
Total Carbohydrate	<1 g <1%*
Dietary Fiber	<1 g 2%*
Vitamin A (100% as Beta-Carotene)	5,000 IU 100%
Vitamin C (as Ascorbic Acid)	350 mg 583%
Vitamin D (as Cholecalciferol)	400 IU 100%
Vitamin E (as d-Alpha Tocopheryl Succinate)	30 IU 100%
Vitamin K (as Phytanadione)	10 mcg 13%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	4.5 mg 300%
Riboflavin (Vitamin B-2)	5.1 mg 300%
Niacin (as Niacinamide)	20 mg 100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	6 mg 300%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	18 mcg 300%
Biotin (as d-Biotin)	45 mcg 15%

Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Calcium (as Calcium Citrate and Dicalcium Phosphate)	100 mg	10%
Iron (as Ferrous Fumarate)	18 mg	100%
Phosphorus (as Dicalcium Phosphate)	20 mg	2%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	50 mg	13%
Zinc (as Zinc Oxide)	15 mg	100%
Selenium (as Selenium Yeast)	5 mcg	7%
Copper (as Copper Sulfate)	2 mg	100%
Manganese (as Manganese Sulfate)	2 mg	100%
Chromium (as Chromium Yeast)	20 mcg	17%
Molybdenum (as Molybdenum Yeast)	20 mcg	27%
Sodium	5 mg	<1%
Choline (as Choline Bitartrate)	50 mcg	**
Inositol	50 mcg	**

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

**Daily Value not established.

Other Ingredients: Vegetable Cellulose, Vegetable Stearic Acid, Titanium Dioxide Color, Silica, Vegetable Magnesium Stearate.

No Artificial Flavor, No Preservatives, No Sugar, No Milk, No Lactose, No Gluten, No Wheat, No Fish.

WARNING: If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Avoid this product if you are allergic to yeast. Discontinue use and consult your doctor if any adverse reactions occur. **THIS PRODUCT IS INTENDED FOR USE BY CHILDREN UNDER ADULT SUPERVISION.** Store in a cool, dry place. Do not use if seal under cap is broken or missing.

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. # 10072
www.vitaminworld.com
1-800-228-4533

Carefully Manufactured by
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