

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!*



VITAMIN WORLD
get healthy.

MEGA

Vita-MinTM

Premium Performance Formula

TIMED RELEASE

200 COATED
CAPLETS

DIETARY
SUPPLEMENT

DIRECTIONS: For adults, take one (1) caplet daily, preferably with a meal. This formula provides the benefits of its ingredients over a prolonged period of time.

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving		%Daily Value
Vitamin A (as Retinyl Palmitate)	8,000 IU	160%
Vitamin C (as Ascorbic Acid)	250 mg	417%
Vitamin D (as D3 Cholecalciferol)	400 IU	100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	125 IU	417%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	80 mg	5,333%
Riboflavin (Vitamin B-2)	80 mg	4,706%
Niacin (as Niacinamide)	80 mg	400%
Vitamin B-6 (as Pyridoxine Hydrochloride)	80 mg	4,000%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	80 mcg	1,333%
Biotin (as d-Biotin)	80 mcg	27%
Pantothenic Acid (as d-Calcium Pantothenate)	80 mg	800%
Calcium	15 mg	2%
(as Calcium Carbonate, d-Calcium Pantothenate and Dicalcium Phosphate)		
Iron (as Ferrous Gluconate)	2 mg	11%
Iodine (as Kelp)	150 mcg	100%
Magnesium (as Magnesium Oxide)	6 mg	2%
Zinc (as Zinc Gluconate)	1.4 mg	9%
Selenium (as Sodium Selenate)	25 mcg	36%
Copper (as Copper Gluconate)	0.07 mg	4%
Manganese (as Manganese Gluconate)	0.12 mg	6%
Chromium (as Chromium Picolinate)	25 mcg	21%

Other Ingredients: Vegetable Cellulose. **Contains <2% of:** Calcium Silicate, Gelatin, Maltodextrin, Silica, Starch, Vegetable Magnesium Stearate.

No Artificial Color or Flavor, No Sugar, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Store at room temperature. Do not use if seal under cap is broken or missing.

Amount Per Serving		%Daily Value
Molybdenum (as Sodium Molybdate)	25 mcg	33%
Potassium (as Potassium Gluconate)	1.6 mg	<1%
Choline Bitartrate	80 mg	*
Inositol	80 mg	*
PABA (Para-Aminobenzoic Acid)	80 mg	*
Rutin	30 mg	*
Citrus Bioflavonoids (<i>Citrus sinensis</i>) (fruit)	25 mg	*
Betaine Hydrochloride	25 mg	*
Hesperidin (<i>Citrus spp.</i>) (fruit)	5 mg	*
Deodorized Garlic (<i>Allium sativum</i>) (bulb)	1 mg	*
Rose Hips (<i>Rosa canina</i>) (fruit)	0.6 mg	*
Boron (as Sodium Borate)	0.5 mg	*
Coenzyme Q-10	500 mcg	*
Pycnogenol® (<i>Pinus pinaster</i>) (Maritime Pine Bark Extract)	500 mcg	*
Proprietary Blend	4 mg	*
Contains: Alfalfa Leaf (<i>Medicago sativa</i>), Watercress (<i>Nasturtium officinale</i>) (plant), Parsley (<i>Petroselinum crispum</i>) (leaf), Rice Bran and Soy Lecithin		

*Daily Value not established.

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TO REORDER PROD. # 4214
www.vitaminworld.com
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Carefully Manufactured by
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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.



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