

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!*



MEGA

Vita MinTM FOR SENIORS

**Premium Performance
Formula Specific for Seniors**



**100 COATED
CAPLETS**

**DIETARY
SUPPLEMENT**



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MEGA VITA MINTM MEGA VITA MINTM MEGA VITA MINTM

DIRECTIONS: For adults, take two (2) caplets daily, preferably with a meal.

Supplement Facts

Serving Size 2 Timed Release Caplets
Servings Per Container 50

Amount Per Serving	%Daily Value	
Vitamin A (as Retinyl Palmitate and Beta-Carotene)	8,000 IU	160%
Vitamin C (as Ascorbic Acid)	250 mg	417%
Vitamin D (as D3 Cholecalciferol)	2,000 IU	500%
Vitamin E (as d-Alpha Tocopheryl Acetate)	30 IU	100%
Vitamin K (as Phytonadione)	10 mcg	13%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg	3,333%
Riboflavin (Vitamin B-2)	50 mg	2,941%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2,500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg	500%
Calcium (as Calcium Carbonate)	200 mg	20%
Iodine (from Kelp)	150 mcg	100%
Magnesium (as Magnesium Oxide)	15 mg	4%
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, Vegetable Stearic Acid. **Contains <2% of:** Acacia Gum, Silica, Vegetable Magnesium Stearate.

Contains fish (tilapia) ingredients.

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

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

Amount Per Serving	%Daily Value	
Molybdenum (as Sodium Molybdate)	25 mcg	33%
Potassium (as Potassium Gluconate)	1.67 mg	<1%
Boron (as Sodium Borate)	0.5 mg	*
Choline Bitartrate	100 mg	*
Inositol	50 mg	*
PABA (Para-Aminobenzoic Acid)	50 mg	*
Rutin	30 mg	*
Citrus Bioflavonoid Complex (<i>Citrus sinensis</i>) (fruit)	25 mg	*
Hesperidin Complex (<i>Citrus spp.</i>) (fruit)	5 mg	*
Betaine Hydrochloride	25 mg	*
Coenzyme Q-10	500 mcg	*
Rose Hips (<i>Rosa canina</i>) (fruit)	2 mg	*
Garlic (<i>Allium sativum</i>) (bulb)	1 mg	*
Pine Bark Extract (<i>Pinus maritima</i>) (bark) (Standardized to contain 85% polyphenols)	500 mcg	*
Other Carotenoids (Lutein, Cryptoxanthin, Zeaxanthin)	2,875 mcg (2.8 mg)	*
Ginkgo Biloba Extract (standardized to contain 24% Ginkgo Flavone Glycosides)	10 mg	*
Alpha Lipoic Acid	5 mg	*

*Daily Value not established.

doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

TO REORDER PROD. # 10270
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Carefully Manufactured by Vitamin World, Inc.
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