

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-Min™

### ADULT CHEWABLE

**Pineapple Flavored**

**SUPPORTS  
ENERGY METABOLISM  
& NUTRITIONAL WELLNESS\***

**100 DELICIOUS CHEWABLE WAFERS** | **DIETARY SUPPLEMENT**

MEGA VITA-MIN™ MEGA VITA-MIN™ MEGA VITA-MIN™



B60535 06D

## Supplement Facts

Serving Size 1 Wafer

Amount Per Serving	%Daily Value	
Calories	5	
Total Carbohydrate	2 g	1%**
Sugars	1 g	***
Vitamin A (as Beta-Carotene)	5,000 IU	100%
Vitamin C (as Ascorbic Acid and Rose Hips)	150 mg	250%
Vitamin D (as D3 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%

**Other Ingredients:** Dextrose, Fructose, Vegetable Cellulose, Natural Flavors. **Contains <2% of:** Rice Bran, Silica, Sucralose, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

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

**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, 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. Store at room temperature. 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.

Amount Per Serving	%Daily Value	
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.

**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](http://www.vitaminworld.com)  
**1-800-228-4533**

Carefully Manufactured by Vitamin World, Inc.  
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