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Puritan's Pride

ULTRA VITA-MIN™

MULTIVITAMIN/MULTIMINERAL

VM-33

100 COATED CAPLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving		%Daily Value
Vitamin A (as Retinyl Palmitate and Beta-Carotene)	1,499 mcg	167%
Vitamin C (as Ascorbic Acid)	120 mg	133%
Vitamin D (as D3 Cholecalciferol)	50 mcg (2,000 IU)	250%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	13.5 mg	90%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	5 mg	417%
Riboflavin (Vitamin B-2)	5 mg	385%
Niacin (as Niacinamide)	25 mg	156%
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg	588%
Folate	666 mcg DFE (400 mcg folic acid)	167%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	4,167%
Biotin (as d-Biotin)	300 mcg	1,000%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	200%
Calcium (as Calcium Carbonate)	60 mg	5%
Iron (as Ferrous Fumarate)	18 mg	100%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	10 mg	2%
Zinc (as Zinc Oxide)	10 mg	91%
Selenium (as Sodium Selenate)	200 mcg	364%
Copper (as Cupric Gluconate)	1 mg	111%
Manganese (as Manganese Gluconate)	1 mg	43%
Chromium (as Chromium Picolinate)	200 mcg	571%
Molybdenum (as Sodium Molybdate)	10 mcg	22%
Potassium (as Potassium Gluconate)	5 mg	<1%
Choline Bitartrate	10 mg	*
Inositol	10 mg	*
Boron (as Sodium Borate Decahydrate)	1 mg	*
Betaine Hydrochloride	10 mg	*
Rose Hips *(Rosa canina)* (fruit)	5 mg	*
Rutin	2 mg	*
Citrus Bioflavonoid Complex *(Citrus spp.)* (fruit)	15 mg	*
Bee Propolis	5 mg	*
Coenzyme Q-10	30 mcg	*
RNA	2 mg	*
DNA	2 mg	*

*Daily Value not established.

Other Ingredients: Vegetable Cellulose. **Contains <2% of:** Gelatin, Natural Palm Leaf Glaze, Silica, Titanium Dioxide Color, Vegetable Magnesium Stearate.

DIRECTIONS: For adults, take one (1) caplet daily, preferably with a meal.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to bees or bee products. 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.

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

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 ITEM # 562
www.puritan.com
1-800-645-1030

Carefully Manufactured by
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