

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 MEGA VITA-MIN MEGA

MEGA

Vita-Min™

Premium Performance
Formula

TIMED RELEASE

100 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 and Rose Hips)	250 mg 417%
Vitamin D (as Cholecalciferol)	400 IU 100%
Vitamin E (as d-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 (as Calcium Carbonate, d-Calcium Pantothenate and Dicalcium Phosphate)	15 mg 2%
Iron (as Ferrous Gluconate)	3 mg 11%
Iodine (as Kelp)	150 mcg 100%
Magnesium (as Magnesium Oxide)	8 mg 2%
Zinc (as Zinc Gluconate)	1.4 mg 9%
Selenium (as Sodium Selenate)	25 mcg 36%

Other Ingredients: Hypromellose, Calcium Silicate, Silica, Vegetable Cellulose, Vegetable Magnesium Stearate, Starch.

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 or planning any medical procedure, 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. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

Copper (as Copper Gluconate)	0.07 mg	4%
Manganese (as Manganese Gluconate)	0.12 mg	6%
Chromium (as Chromium Piccolinate)	25 mcg	21%
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 (Citrus sinensis) (fruit)	25 mg	*
Betaine Hydrochloride	25 mg	*
Hesperidin (Citrus spp.) (fruit)	5 mg	*
Deodorized Garlic (Allium sativum) (bulb)	1 mg	*
Korean Ginseng (Panax ginseng) (root)	1 mg	*
Boron (as Sodium Borate)	0.5 mg	*
Coenzyme Q-10	500 mcg	*
Pycnogenol® (Pinus pinaster) (Maritime Pine Bark Extract)	500 mcg	*

Proprietary Blend 4 mg
Contains: Alfalfa Leaf (Medicago sativa), Watercress (Nasturtium officinale) (plant), Parsley (Petroselinum crispum) (leaf), Rice Bran and Soy Lecithin

*Daily Value not established.

Pycnogenol® is a registered trademark of Horphag Research Ltd. Use of this product is protected by one or more of U.S. Patents #6,720,856 / #6,372,266 and other international patents.

TO REORDER PROD. # 4212
www.vitaminworld.com
1-800-328-4533

Carefully Manufactured by
Vitamin World, Inc.
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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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