

Other Ingredients: Vegetable Cellulose. Contains <2% of Brewer's Yeast, Choline Bitartrate, Citrus Bioflavonoids, Gelatin, Kelp, Maltodextrin, Natural Palm Leaf Glaze, Polysorbate 80, Rose Hips, Rutin, Silica, Titanium Dioxide Color, Triacetin, Vegetable Magnesium Stearate, Vegetable Stearic Acid. Contains wheat ingredients.

Contains bioengineered food ingredients.

In a base of Citrus Bioflavonoids, Rutin, Rose Hips, Brewer's Yeast and Kelp.

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, have any medical condition, or are planning to undergo any clinical lab testing, consult your doctor before use. Some supplements may interact with certain medications and/or interfere with certain lab tests. Avoid this product if you are allergic to yeast. 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.

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 # 3661

www.puritan.com

1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.

Ramkankona, NY 11779 U.S.A.

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COMPLETE
ONETM

• **TIMED RELEASE**

60 Coated
Caplets

MULTIVITAMIN,
MINERAL SUPPLEMENT

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A 1,500 mcg (as Retinyl Acetate and Beta-Carotene)	167%	Pantothenic Acid 10 mg (as d-Calcium Pantothenate)	200%
Vitamin C 120 mg (as Ascorbic Acid)	133%	Calcium 50 mg (as Calcium Carbonate)	4%
Vitamin D 50 mcg (2,000 IU) (as D3 Cholecalciferol)	250%	Iron 18 mg (as Ferrous Fumarate)	180%
Vitamin E 20.1 mg (as d-Alpha Tocopheryl Acetate)	134%	Iodine 150 mcg (as Potassium Iodide)	180%
Thiamin 10 mg (Vitamin B-1) (as Thiamin Hydrochloride)	833%	Magnesium 50 mg (as Magnesium Oxide)	12%
Riboflavin 10 mg (Vitamin B-2)	769%	Zinc (as Zinc Sulfate) 15 mg	136%
Niacin 25 mg (as Niacinamide)	156%	Selenium 200 mcg (as Sodium Selenate)	384%
Vitamin B-6 10 mg (as Pyridoxine Hydrochloride)	588%	Copper 2 mg (as Cupric Sulfate)	222%
Folate 666 mcg DFE (400 mcg folic acid)	167%	Manganese 2 mg (as Manganese Sulfate)	87%
Vitamin B-12 250 mcg (as Cyanocobalamin)	10,417%	Chromium 200 mcg (as Chromium Picolinate)	571%
Biotin 300 mcg (as d-Biotin)	1,000%	Molybdenum 15 mcg (as Sodium Molybdate)	20%
		Potassium 1 mg (as Potassium Chloride)	<1%
		Inositol 10 mg	

*Daily Value not established.