

**Other Ingredients:** Safflower Oil, Gelatin, Vegetable Glycerin, Yellow Beeswax. **Contains <2% of:** Caramel Color, Choline Bitartrate, Soybean Oil, Sunflower Lecithin. Contains bioengineered food ingredients.

**DIRECTIONS:** For adults, take two (2) softgels 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 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 # 1081**  
[www.puritan.com](http://www.puritan.com)  
 1-800-645-1030

Carefully Manufactured for  
**PURITAN'S PRIDE, INC.**  
 Ronkonkoma, NY 11779 U.S.A.  
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Puritan's Pride

**MEGA**

**VITA  GEL**

**MEGA POTENCY VITAMIN  
 SOFTGEL FORMULA**

**60** RAPID  
 RELEASE  
 SOFTGELS

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 2 Softgels  
 Servings Per Container 30

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Calories	15	Calcium (as Calcium Carbonate)	50 mg 4%
Total Fat	1 g 1%*	Iron (as Ferrous Fumarate)	18 mg 100%
Vitamin A (as 100% Beta-Carotene)	1,500 mcg 167%	Iodine (as Kelp)	150 mcg 100%
Vitamin C (as Ascorbic Acid)	120 mg 133%	Magnesium (as Magnesium Oxide)	25 mg 6%
Vitamin D (as D3 Cholecalciferol)	50 mcg (2,000 IU) 250%	Zinc (as Zinc Citrate)	15 mg 136%
Vitamin E (as d-Alpha Tocopheryl)	20.1 mg 134%	Selenium (as Selenium Yeast)	25 mcg 45%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg 4,167%	Copper (as Copper Gluconate)	2 mg 222%
Riboflavin (Vitamin B-2)	50 mg 3,846%	Manganese (as Manganese Sulfate)	2 mg 87%
Niacin (as Niacinamide)	50 mg 313%	Chromium (as Chromium Picolinate)	200 mcg 571%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2,941%	Potassium (as Potassium Citrate)	32 mg <1%
Folate (400 mcg of Folic Acid)	666 mcg DFE 167%	Inositol	10 mg **
Vitamin B-12 (as Cyanocobalamin)	500 mcg 20,833%	Citrus Bioflavonoids (Citrus spp.) (peel)	10 mg **
Biotin (as d-Biotin)	1,000 mcg 3,333%	Rutin	10 mg **
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg 1,000%	Boron (as Boron Citrate)	1 mg **
		Coenzyme Q-10	100 mcg **

\*Percent Daily Values are based on a 2,000 calorie diet.  
 \*\*Daily Value not established.

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