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 # 1083
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

120 RAPID RELEASE SOFTGELS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 60

Amount Per Serving		%Daily Value
Calories	15	
Total Fat	1 g	1%*
Vitamin A (as 100% Beta-Carotene)	1,500 mcg	167%
Vitamin C (as Ascorbic Acid)	120 mg	133%
Vitamin D (as D3 Cholecalciferol)	50 mcg (2,000 IU)	250%
Vitamin E (as d-Alpha Tocopheryl)	20.1 mg	134%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg	4,167%
Riboflavin (Vitamin B-2)	50 mg	3,846%
Niacin (as Niacinamide)	50 mg	313%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2,941%
Folate	666 mcg DFE (400 mcg of Folic Acid)	167%
Vitamin B-12 (as Cyanocobalamin)	500 mcg	20,833%
Biotin (as d-Biotin)	1,000 mcg	3,333%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg	1,000%

Amount Per Serving		%Daily Value
Calcium (as Calcium Carbonate)	50 mg	4%
Iron (as Ferrous Fumarate)	18 mg	100%
Iodine (as Kelp)	150 mcg	100%
Magnesium (as Magnesium Oxide)	25 mg	6%
Zinc (as Zinc Citrate)	15 mg	136%
Selenium (as Selenium Yeast)	25 mcg	45%
Copper (as Copper Gluconate)	2 mg	222%
Manganese (as Manganese Sulfate)	2 mg	87%
Chromium (as Chromium Picolinate)	200 mcg	571%
Potassium (as Potassium Citrate)	32 mg	<1%
Inositol	10 mg	**
Citrus Bioflavonoids (*Citrus spp.*) (peel)	10 mg	**
Rutin	10 mg	**
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.