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Puritan's Pride

MEGA VITAMIN™

**PREMIUM PERFORMANCE FORMULA
FOR SENIORS**

TIMED RELEASE

250 Coated
Caplets

DIETARY SUPPLEMENT

Other Ingredients: Vegetable Cellulose, Silica, Vegetable Stearic Acid. **Contains <2% of:** Acacia Gum, Natural Palm Leaf Glycerate, Vegetable Magnesium Stearate.

Contains bioengineered food ingredients.

DIRECTIONS: For adults, take two (2) caplets daily, preferably with a meal.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, including blood thinners, 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. It is advisable to consult your doctor before using biotin doses above 2,500 mcg per day. Avoid this product if you are allergic to yeast. If any adverse reactions occur, stop use and consult your doctor. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

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

TO REORDER ITEM # 10273
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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852713 12J 14-12254



Supplement Facts

Spring/Day 2 Timed Release Caplets
Spring/Per Container 125

Amount Per Serving	%Daily Value*	Amount Per Serving	%Daily Value*
Vitamin A (as Beta-Carotene)	1,500 mcg 167%	Selenium (as Sodium Selenate)	200 mcg 364%
Vitamin C (as Ascorbic Acid)	60 mg 67%	Copper (as Copper Gluconate)	2 mg 22%
Vitamin D (as D3 Cholecalciferol)	50 mcg (2,000 IU) 250%	Manganese (as Manganese Gluconate)	2 mg 37%
Vitamin E (as Alpha Tocopheryl Acetate)	20.1 mg 134%	Chromium (as Chromium Picolinate)	200 mcg 57%
Vitamin K (as Phylloquinone)	10 mcg 8%	Molybdenum (as Sodium Molybdate)	25 mcg 56%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	25 mg 2,083%	Potassium (as Potassium Chloride)	30 mg 4%
Riboflavin (Vitamin B-2)	25 mg 1,823%	Boron (as Sodium Borate)	1 mg
Niacin (as Nicotinamide)	25 mg 196%	Choline Bitartrate	20 mg
Vitamin B-6 (as Pyridoxine Hydrochloride)	25 mg 1,471%	Inositol	20 mg
Folic Acid (as Folic Acid)	600 mcg DFE (400 mcg folic acid) 167%	Biotin	10 mg
Vitamin B-12 (as Cyanocobalamin)	500 mcg 20,833%	Citrus Bioflavonoid Complex (Citrus spp.) (fruit)	10 mg
Calcium	600 mcg 2,000%	Hesperidin Complex (Citrus spp.) (fruit)	5 mg
Probiotic Acid (as Calcium Probiotic)	25 mg 500%	Betaine Hydrochloride	25 mg
Glucosamine	64 mg 6%	Coenzyme Q-10	1 mg
Chitosan (as Calcium Carbonate)	150 mcg 100%	Rose Hips (Rosa canina) (fruit)	2 mg
Resveratrol	50 mg 12%	Garlic (Allium sativum) (bulb)	1 mg
Zinc (as Zinc Gluconate)	15 mg 136%	Lutein	1 mg
		Alpha Lipoic Acid	5 mg

*Daily Value not established.