

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate. Contains <2% of: Choline Bitartrate, Gelatin, Maltodextrin, Natural Palm Leaf Glaze, Polysorbate 80, Silica, Titanium Dioxide Color, Triacetin, Vegetable Magnesium Stearate.

**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.

**WARNING:** Not intended for use by pregnant or nursing women. If you are taking any medications, have any medical condition, or are planning to undergo any clinical lab testing or any medical or surgical procedure, 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 bees or bee products. 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.

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**TO REORDER ITEM # 562**  
[www.puritan.com](http://www.puritan.com)  
**1-800-645-1030**

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

# ULTRA VITA-MIN™

MULTIVITAMIN/MULTIMINERAL

SUPPORTS BONE,  
HEART, IMMUNE &  
ANTIOXIDANT HEALTH\*

100 COATED  
CAPLETS

DIETARY SUPPLEMENT

**DIRECTIONS:** For adults, take one (1) caplet daily, preferably with a meal.

## Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as Retinyl Palmitate and Beta-Carotene)	1,500 mcg 167%	Magnesium (as Magnesium Oxide)	10 mg 2%
Vitamin C (as Ascorbic Acid)	120 mg 133%	Zinc (as Zinc Oxide)	10 mg 91%
Vitamin D (as D3 Cholecalciferol)	50 mcg (2,000 IU) 250%	Selenium (as Sodium Selenate)	200 mcg 364%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	13.5 mg 90%	Copper (as Cupric Gluconate)	1 mg 111%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	5 mg 417%	Manganese (as Manganese Gluconate)	1 mg 43%
Riboflavin (Vitamin B-2)	5 mg 385%	Chromium (as Chromium Picolinate)	200 mcg 571%
Niacin (as Niacinamide)	25 mg 156%	Molybdenum (as Sodium Molybdate)	10 mcg 22%
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg 588%	Potassium (as Potassium Gluconate)	5 mg <1%
Folate	666 mcg DFE 167% (400 mcg folic acid)	Inositol	10 mg **
Vitamin B-12 (as Cyanocobalamin)	100 mcg 4,167%	Boron (as Boric Acid)	1 mg **
Biotin (as d-Biotin)	300 mcg 1,000%	Betaine Hydrochloride	10 mg **
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 200%	Rose Hips ( <i>Rosa canina</i> ) (fruit)	5 mg **
Calcium (as Calcium Carbonate)	60 mg 5%	Rutin	2 mg **
Iron (as Ferrous Fumarate)	18 mg 100%	Citrus Bioflavonoid Complex ( <i>Citrus spp.</i> ) (fruit)	15 mg **
Iodine (as Potassium Iodide)	150 mcg 100%	Bee Propolis	5 mg **
		Coenzyme Q-10	30 mcg **

\*\*Daily Value not established.