

Other Ingredients: Vegetable Cellulose. **Contains <2% of:** Citrus Bioflavonoids, Gelatin, Kelp, Natural Palm Leaf Glaze, Rose Hips, Rutin, Silica, Titanium Dioxide Color, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

Contains bioengineered food ingredients.

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. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

No Artificial Flavor, No Sugar, No Milk, No Lactose, No Gluten, No Wheat, No Yeast.

TO REORDER ITEM # 19477
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**

**DAILY
ONE**

• **IRON FREE**

• **TIMED RELEASE**
• **LONG ACTING**

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 Palmitate and 10% as Beta-Carotene)	167%	Calcium 50 mg (as Calcium Carbonate)	4%
Vitamin C 120 mg (as Ascorbic Acid)	133%	Iodine 150 mcg (as Potassium Iodide)	100%
Vitamin D 50 mcg (2,000 IU) (as D3 Cholecalciferol)	250%	Magnesium 50 mg (as Magnesium Oxide)	12%
Vitamin E 20.1 mg (as d-Alpha Tocopheryl Acetate)	134%	Zinc 15 mg (as Zinc Sulfate)	136%
Thiamin 10 mg (Vitamin B-1) (as Thiamin Hydrochloride)	833%	Selenium 200 mcg (as Sodium Selenate)	364%
Riboflavin 10 mg (Vitamin B-2)	769%	Copper 2 mg (as Cupric Sulfate)	222%
Niacin 25 mg (as Niacinamide)	156%	Manganese 2 mg (as Manganese Sulfate)	87%
Vitamin B-6 10 mg (as Pyridoxine Hydrochloride)	588%	Chromium 200 mcg (as Chromium Picolinate)	571%
Folate 666 mcg DFE (400 mcg folic acid)	167%	Molybdenum 15 mcg (as Sodium Molybdate)	33%
Vitamin B-12 250 mcg (as Cyanocobalamin)	10,417%	Potassium 1 mg (as Potassium Chloride)	<1%
Biotin (as d-Biotin) 300 mcg	1,000%	Inositol 10 mg	'
Pantothenic Acid 10 mg (as d-Calcium Pantothenate)	200%	Choline Bitartrate 10 mg	'

*Daily Value not established.