

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

Contains bioengineered food ingredients.

**Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.**

**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.



**TO REORDER ITEM # 10270**  
[www.puritan.com](http://www.puritan.com)  
 1-800-645-1030

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**PURITAN'S PRIDE, INC.**  
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**Puritan's Pride**

# MEGA VITAMIN™

**PREMIUM PERFORMANCE FORMULA  
FOR SENIORS**

**TIMED RELEASE**

**100** Coated  
Caplets

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 2 Timed Release Caplets  
 Servings Per Container 50

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 222%
Vitamin D (as D3 Cholecalciferol)	50 mcg (2,000 IU) 250%	Manganese (as Manganese Gluconate)	2 mg 87%
Vitamin E (as d-Alpha Tocopheryl Acetate)	20.1 mg 134%	Chromium (as Chromium Picolinate)	200 mcg 571%
Vitamin K (as Phytionadione)	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 <1%
Riboflavin (Vitamin B-2)	25 mg 1,923%	Boron (as Sodium Borate)	1 mg *
Niacin (as Niacinamide)	25 mg 156%	Choline Bitartrate	20 mg *
Vitamin B-6 (as Pyridoxine Hydrochloride)	25 mg 1,471%	Inositol	20 mg *
Folate	666 mcg DFE 167% (400 mcg folic acid)	Rutin	10 mg *
Vitamin B-12 (as Cyanocobalamin)	500 mcg 20,833%	Citrus Bioflavonoid Complex ( <i>Citrus spp.</i> ) (fruit)	10 mg *
Biotin	600 mcg 2,000%	Hesperidin Complex ( <i>Citrus spp.</i> ) (fruit)	5 mg *
Pantothenic Acid (as d-Calcium Pantothenate)	25 mg 500%	Betaine Hydrochloride	25 mg *
Calcium (as Calcium Carbonate)	84 mg 6%	Coenzyme Q-10	1 mg *
Iodine (from Kelp)	150 mcg 100%	Rose Hips ( <i>Rosa canina</i> ) (fruit)	2 mg *
Magnesium (as Magnesium Oxide)	50 mg 12%	Garlic ( <i>Allium sativum</i> ) (bulb)	1 mg *
Zinc (as Zinc Gluconate)	15 mg 136%	Lutein	1 mg *
		Alpha Lipoic Acid	5 mg *

\*Daily Value not established.