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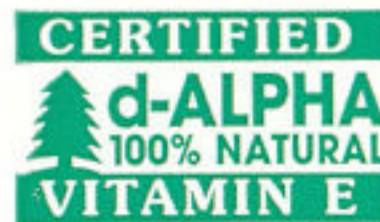
PURITAN'S
PRIDE®

INSPIRED BY NATURE™

ULTRA VITA-MIN™ IRON FREE

Multivitamin/
Multimineral
Supplement

250 TABLETS



B503

04A

Supplement Facts

Serving Size 1 tablet

Amount Per Serving		%Daily Value
Vitamin A (as Retinyl Palmitate and Beta Carotene)	10,000 I.U.	200%
Vitamin C (as Ascorbic Acid)	150 mg	250%
Vitamin D (as Cholecalciferol)	400 I.U.	100%
Vitamin E (as d-Alpha Tocopheryl Succinate)	12.5 I.U.	42%
Thiamin (Vitamin B-1) (as Thiamine Hydrochloride)	24 mg	1,600%
Riboflavin (Vitamin B-2)	25 mg	1,471%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	14 mg	700%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Biotin (as d-Biotin)	1 mcg	Less than 1%
Pantothenic Acid (as d-Calcium Pantothenate)	12.5 mg	125%
Calcium (as Oyster Shell and Bone Meal)	60 mg	6%
Phosphorus (as Bone Meal)	24.3 mg	2%
Iodine (as Potassium Iodide)	100 mcg	67%
Magnesium (as Magnesium Gluconate)	0.42 mg	Less than 1%
Zinc (as Zinc Gluconate)	0.72 mg	5%
Selenium (as Sodium Selenate)	10 mcg	14%

Other Ingredients: Vegetable Stearic Acid, Cellulose (Plant Origin), Croscarmellose, Silica, Cellulose Coating, Guar Gum, Calcium Citrate, Alfalfa Leaf Powder, Watercress Powder, Parsley Leaf Powder, Pacific Kelp Powder, Lecithin, Mannitol.

Amount Per Serving		%Daily Value
Copper (as Cupric Gluconate)	0.035 mg	2%
Manganese (as Manganese Gluconate)	0.76 mg	38%
Chromium (as Chromium Picolinate)	2.35 mcg	2%
Molybdenum (as Sodium Molybdate)	10 mcg	13%
Potassium (as Potassium Gluconate)	0.5 mg	Less than 1%
PABA (Para-Aminobenzoic Acid)	15 mg	*
Choline Bitartrate	25 mg	*
Inositol	25 mg	*
Boron (as Sodium Borate)	500 mcg	*
Betaine Hydrochloride	25 mg	*
Rose Hips Powder	10 mg	*
Rutin	5 mg	*
Citrus Bioflavonoid Complex	15 mg	*
Royal Jelly	5 mg	*
Bee Propolis Powder	5 mg	*
Coenzyme Q-10	30 mcg	*
Octacosanol	50 mcg	*
Deodorized Garlic Powder (Allium sativum) (bulb)	10 mg	*
Siberian Ginseng (Eleutherococcus senticosus) (root)	15 mg	*
RNA	2 mg	*
DNA	2 mg	*

*Daily Value not established.

GUARANTEED FREE OF: milk or milk derivatives, lactose, sugar, preservatives, artificial color, artificial flavor.

**WE HAVE ASSAYED & FULLY GUARANTEE
THE QUALITY & POTENCY
OF THIS PRODUCT**

PROD. NO. 503

Directions: For adults, take one (1) tablet daily, preferably with a meal.

Coated for ease of swallowing.

Consult Doctor before use if you have high blood pressure or are a pregnant or lactating woman. Discontinue use and consult your doctor if any of the following occur: diarrhea, rash, headache, palpitations, nervousness, anxiety, depression, insomnia, high blood pressure, breast pain or menstrual changes. **NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18.**

TAMPER RESISTANT: DO NOT USE IF IMPRINT-ED SEAL UNDER CAP IS BROKEN. KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Oakdale, NY 11769 U.S.A.
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