

Other Ingredients: Vegetable Cellulose, Gelatin, Contains <2% of: Carnauba Wax, Crospovidone, Vegetable Glycerin, Vegetable Magnesium Stearate. Contains ingredients that may result in a variation of color and appearance over time.

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, have any medical condition, planning any medical or surgical procedure, 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.



TO REORDER ITEM # 7190
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Carefully Manufactured by
 PURITAN'S PRIDE, INC.
 Ronkonkoma, NY 11779 U.S.A.
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Multi-Vitamin/Multi-Mineral
Formulated for Adults 50+

DIETARY
 SUPPLEMENT

60
 COATED
 CAPLETS

Supplement Facts

Spring Size 1 Caplet

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as Vitamin A Acetate and Beta Carotene)	750 mcg 83%	Iodine (as Potassium Iodide)	150 mcg 10%
Vitamin C (as Ascorbic Acid)	60 mg 67%	Magnesium (as Magnesium Oxide)	50 mg 1%
Vitamin D (as D3 Cholecalciferol)	12.5 mcg (500 IU) 63%	Zinc (as Zinc Oxide)	11 mg 10%
Vitamin E (as d-Alpha Tocopheryl Acetate)	22.5 mg 150%	Selenium (as Sodium Selenate)	55 mcg 10%
Vitamin K (as Phytoladione)	30 mcg 25%	Copper (as Cupric Sulfate)	0.5 mg 9%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg 125%	Manganese (as Manganese Sulfate)	2.3 mg 10%
Riboflavin (Vitamin B-2)	1.7 mg 131%	Chromium (as Chromium Picolinate)	45 mcg 10%
Niacin (as Nicotinamide)	20 mg 125%	Molybdenum (as Sodium Molybdate)	45 mcg 10%
Vitamin B-6 (as Pyridoxine Hydrochloride)	3 mg 177%	Chloride (as Potassium Chloride)	72 mg 3%
Folate (400 mcg folic acid)	666 mcg DFE 167%	Potassium (as Potassium Chloride)	80 mg 3%
Vitamin B-12 (as Cyanocobalamin)	25 mcg 1,042%	Silicon (as Silicon Dioxide)	3 mg
Biotin (as d-Biotin)	30 mcg 100%	Lycopene	380 mcg
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 200%	Lutein	250 mcg
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	220 mg 17%	Boron (as Boric Acid and Sodium Borate)	150 mcg
Phosphorus (as Dicalcium Phosphate)	20 mg 2%	Vanadium (as Sodium Metavanadate)	10 mcg

*Daily Value not established.