

TO REORDER  
ITEM # 30421

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.

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Puritan's Pride

ADULT

MULTI

Gummies  
with Essential Vitamins

Great Tasting Natural Flavors  
Orange, Cherry & Grape

DIETARY  
SUPPLEMENT

75  
GUMMIES

MULTI-GUMMY MULTI-GUMMY MULTI-GUMMY MULTI-GUMMY MULTI-GUMMY MULTI-GUMMY MULTI-GUMMY MULTI-GUMMY MULTI-GUMMY MULTI-GUMMY



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DIRECTIONS: For adults, chew two (2) gummies daily, preferably with a meal.

## Supplement Facts

Serving Size 2 Gummies  
Servings Per Container 37

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Calories	15	Folate	666 mcg DFE 167% (400 mcg folic acid)
Total Carbohydrate	3 g 1%*	Vitamin B-12	6 mcg 150% (as Cyanocobalamin)
Total Sugars	2 g **	Biotin (as d-Biotin)	300 mcg 1,000%
Includes 2g Added Sugars	4%*	Pantothenic Acid	5 mg 100% (as d-Calcium Pantothenate)
Vitamin A	750 mcg 83% (as Retinyl Palmitate)	Magnesium	2 mg 4% (as Magnesium Citrate)
Vitamin C	60 mg 67% (as Ascorbic Acid)	Zinc	5 mg 45% (as Zinc Citrate)
Vitamin D	20 mcg (800 IU) 100% (as D3 Cholecalciferol)	Choline Bitartrate	40 mcg **
Vitamin E	6.7 mg 45% (as d-Alpha Tocopheryl Acetate)	Inositol	60 mcg **
Niacin	10 mg 63% (as Nicotinamide)		
Vitamin B-6	2 mg 118% (as Pyridoxine Hydrochloride)		

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Corn Syrup, Sugar, Gelatin. Contains 4% of Citric Acid, Malic Acid, Natural Flavors, Pectin, Apple and Fruit Juice (color), Vegetable Oil (Palm) (Sour Orange Wax).

**No Artificial Flavor, No Artificial Sweetener, No Preservatives, No MSG, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish, Shellfish Free.**

**WARNING:** If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Contains soy and consult your doctor if any adverse reaction occur. Keep out of reach of children. Store at room temperature. Do not use if color seal is broken or missing.

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www.puritan.com

1-800-645-1030

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PURITAN'S PRIDE, INC.  
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