

Other Ingredients: Vegetable Cellulose, Gelatin. Contains 2% of: Carnauba Wax, Croscopovidone, 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 # 21486**

[www.puritan.com](http://www.puritan.com)  
1-800-645-1030

Carefully Manufactured by  
**PURITAN'S PRIDE, INC.**  
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**DIFFERENT  
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CAPLETS**

**Multi-Vitamin/Multi-Mineral**  
**Formulated for Adults 50+**

**DIETARY  
SUPPLEMENT**

**30  
COATED  
CAPLETS**

# Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	%Daily Value
Vitamin A (as Vitamin A Acetate and Beta Carotene)	750 mcg 83%
Vitamin C (as Ascorbic Acid)	60 mg 67%
Vitamin D (as D3 Cholecalciferol)	12.5 mcg (500 IU) 63%
Vitamin E (as d-Alpha Tocopheryl Acetate)	22.5 mg 150%
Vitamin K (as Phylloquinone)	30 mcg 25%
Vitamin B-1 (as Thiamin Mononitrate)	1.5 mg 125%
Riboflavin (Vitamin B-2)	1.7 mg 131%
Niacin (as Nicotinamide)	20 mg 125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	3 mg 177%
Folate (400 mcg folic acid)	688 mcg DFE 167%
Vitamin B-12 (as Cyanocobalamin)	25 mcg 1,042%
Biotin (as d-Biotin)	30 mcg 100%
Pantoic Acid (as d-Calcium Pantothenate)	10 mg 200%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	200 mg 17%
Phosphorus (as Sodium Phosphate)	20 mg 2%

Amount Per Serving	%Daily Value
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	50 mg 12%
Zinc (as Zinc Oxide)	11 mg 100%
Selenium (as Sodium Selenate)	55 mcg 100%
Copper (as Cupric Sulfate)	0.5 mg 50%
Manganese (as Manganese Sulfate)	2.3 mg 100%
Chromium (as Chromium Picolinate)	45 mcg 125%
Molybdenum (as Sodium Molybdate)	45 mcg 100%
Chloride (as Potassium Chloride)	73 mg 2%
Potassium (as Potassium Chloride)	60 mg 2%
Silicon (as Silicon Dioxide)	3 mg *
Lycopene	200 mcg *
Lutein	250 mcg *
Boron (as Boric Acid and Sodium Borate)	150 mcg *
Vanadium (as Sodium Metavanadate)	10 mcg *

\*Daily Value not established.