

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, 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. Discontinue use and consult your doctor if any adverse reactions occur. Store at room temperature. Do not use if seal under cap is broken or missing.

Contains ingredients that may result in a variation of color and appearance over time.



WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

TO REORDER ITEM # 19092
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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 **Puritan's Pride**

ONE DAILY

WOMEN'S MULTIVITAMIN

**DIFFERENT
COLOR
SAME PRODUCT**

**100 COATED
CAPLETS**

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	%Daily Value
Vitamin A (as Vitamin A Acetate and Beta Carotene)	750 mcg 15%
Vitamin C (as Ascorbic Acid)	60 mg 10%
Vitamin D (as D3 Cholecalciferol)	25 mcg (1,000 IU) 125%
Vitamin E (as d-Alpha Tocopheryl Acetate)	10.1 mg 17%
Vitamin K (as Phylloquinone)	25 mcg 37%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg 125%
Riboflavin (Vitamin B-2)	1.7 mg 137%
Niacin (as Nicotinamide)	20 mg 125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg 110%
Folate	666 mcg DFE 167% (400 mcg folic acid)
Vitamin B-12 (as Cyanocobalamin)	6 mcg 250%
Biotin	300 mcg 1,000%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 100%
Calcium (as Calcium Carbonate)	500 mg 38%
Iron (as Ferrous Fumarate)	18 mg 100%
Iodine (as Potassium Iodide)	150 mcg 100%
Zinc (as Zinc Oxide)	15 mg 100%
Selenium (as Sodium Selenite)	20 mcg 30%
Copper (as Cupric Oxide)	2 mg 122%
Manganese (as Manganese Sulfate)	2 mg 17%
Chromium (as Chromium Chloride)	120 mcg 140%

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate. Contains <2% of Carnauba Wax, Croscovidone, Gelatin, Silica, Starch, Vegetable Magnesium Stearate. Contains fish (cod, cusk, flounder, haddock, hake, pollock, redfish, sole) ingredients.