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Item No. 10273



MEGA VITAMIN™

**PREMIUM PERFORMANCE FORMULA
FOR SENIORS**

TIMED RELEASE

**250 COATED
CAPLETS**

DIETARY SUPPLEMENT

TO REORDER ITEM # 10273

Supplement Facts

Serving 2 Timed Release Caplets
Servings Per Container 125

Amount Per Serving	%Daily Value
Vitamin A (as Beta-Carotene)	5,000 IU 100%
Vitamin C (as Ascorbic Acid)	60 mg 100%
Vitamin D (as D3 Cholecalciferol)	2,000 IU 500%
Vitamin E (as d-Alpha Tocopheryl Acetate)	30 IU 100%
Vitamin K (as Phytonadione)	10 mcg 13%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	25 mg 1,667%
Riboflavin (Vitamin B-2)	25 mg 1,471%
Niacin (as Niacinamide)	25 mg 125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	25 mg 1,250%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	500 mcg 8,333%
Biotin	600 mcg 200%
Pantothenic Acid (as d-Calcium Pantothenate)	25 mg 250%
Calcium (as Calcium Carbonate)	100 mg 10%
Iodine (from Kelp)	150 mcg 100%
Magnesium (as Magnesium Oxide)	50 mg 13%
Zinc (as Zinc Gluconate)	15 mg 100%

Amount Per Serving	%Daily Value
Selenium (as Sodium Selenate)	200 mcg 286%
Copper (as Copper Gluconate)	2 mg 100%
Manganese (as Manganese Gluconate)	2 mg 100%
Chromium (as Chromium Picolinate)	200 mcg 167%
Molybdenum (as Sodium Molybdate)	25 mcg 33%
Potassium (as Potassium Chloride)	30 mg 1%
Boron (as Sodium Borate)	1 mg *
Choline Bitartrate	20 mg *
Inositol	20 mg *
Rutin	10 mg *
Citrus Bioflavonoid Complex (Citrus sinensis) (fruit)	10 mg *
Hesperidin Complex (Citrus spp.) (fruit)	5 mg *
Betaine Hydrochloride	25 mg *
Coenzyme Q-10	1 mg *
Rose Hips (Rosa canina) (fruit)	2 mg *
Garlic (Allium sativum) (bulb)	1 mg *
Lutein	1 mg *
Alpha Lipoic Acid	5 mg *

*Daily Value not established.

Other Ingredients: Vegetable Cellulose, Silica, Vegetable Stearic Acid. **Contains <2% of:** Acacia Gum, Natural Palm Leaf Glaze, Vegetable Magnesium Stearate.

DIRECTIONS: For adults, take two (2) caplets daily, preferably with a meal.

No Artificial Color or Flavor, No Preservatives, No Sugar, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. 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.

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www.puritan.com

1-800-645-1030

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Holbrook, NY 11741 U.S.A.
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B52713 08F

