

Other Ingredients: Safflower Oil, Gelatin, Vegetable Glycerin, Yellow Beeswax. **Contains <2% of:** Natural Caramel Color, Soybean Oil, Sunflower Lecithin.

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

No Artificial Flavor, No Preservatives, No Sugar, No Milk, No Lactose, No Gluten, No Wheat, No Fish. Sodium Free.

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. Avoid this product if you are allergic to yeast. 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.

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 # 1080
www.puritan.com
1-800-645-1030

Carefully Manufactured for
PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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MEGA
VITA  **GEL**

**MEGA POTENCY VITAMIN
SOFTGEL FORMULA**

30 RAPID
RELEASE
SOFTGELS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 15

Amount Per Serving	%Daily Value
Calories	15
Total Fat	1 g 1%*
Vitamin A (as 100% Beta-Carotene)	1,500 mcg 167%
Vitamin C (as Ascorbic Acid)	120 mg 133%
Vitamin D (as D3 Cholecalciferol)	50 mcg (2,000 IU) 250%
Vitamin E (as d-Alpha Tocopherol)	20 mg 133%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg 4,167%
Riboflavin (Vitamin B-2)	50 mg 3,846%
Niacin (as Niacinamide)	50 mg 313%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2,941%
Folate (400 mcg of Folic Acid)	666 mcg DFE 167%
Vitamin B-12 (as Cyanocobalamin)	500 mcg 20,833%
Biotin (as d-Biotin)	1,000 mcg 3,333%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg 1,000%
Calcium (as Calcium Carbonate)	50 mg 4%

Amount Per Serving	%Daily Value
Iron (as Ferrous Fumarate)	18 mg 100%
Iodine (as Kelp)	150 mcg 100%
Magnesium (as Magnesium Oxide)	25 mg 6%
Zinc (as Zinc Citrate)	15 mg 136%
Selenium (as Selenium Yeast)	25 mcg 45%
Copper (as Copper Gluconate)	2 mg 222%
Manganese (as Manganese Sulfate)	2 mg 87%
Chromium (as Chromium Picolinate)	200 mcg 571%
Potassium (as Potassium Citrate)	32 mg <1%
Choline Bitartrate	10 mg **
Inositol	10 mg **
Citrus Bioflavonoids (Citrus spp.) (peel)	10 mg **
Rutin	10 mg **
Boron (as Boron Citrate)	1 mg **
Coenzyme Q-10	100 mcg **

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

**Daily Value not established.