

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 # 1081
www.puritan.com
1-800-645-1030

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

MEGA

VITA  **GEL**

**MEGA POTENCY VITAMIN
SOFTGEL FORMULA**

60 **RAPID
RELEASE
SOFTGELS**

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 30

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Calories	15	Iron (as Ferrous Fumarate)	18 mg 100%
Total Fat	1 g 1%*	Iodine (as Kelp)	150 mcg 100%
Vitamin A (as 100% Beta-Carotene)	1,500 mcg 167%	Magnesium (as Magnesium Oxide)	25 mg 6%
Vitamin C (as Ascorbic Acid)	120 mg 133%	Zinc (as Zinc Citrate)	15 mg 136%
Vitamin D (as D3 Cholecalciferol)	50 mcg (2,000 IU) 250%	Selenium (as Selenium Yeast)	25 mcg 45%
Vitamin E (as d-Alpha Tocopherol)	20 mg 133%	Copper (as Copper Gluconate)	2 mg 222%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg 4,167%	Manganese (as Manganese Sulfate)	2 mg 87%
Riboflavin (Vitamin B-2)	50 mg 3,846%	Chromium (as Chromium Picolinate)	200 mcg 571%
Niacin (as Niacinamide)	50 mg 313%	Potassium (as Potassium Citrate)	32 mg <1%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2,941%	Choline Bitartrate	10 mg **
Folate (400 mcg of Folic Acid)	666 mcg DFE 167%	Inositol	10 mg **
Vitamin B-12 (as Cyanocobalamin)	500 mcg 20,833%	Citrus Bioflavonoids (Citrus spp.) (peel)	10 mg **
Biotin (as d-Biotin)	1,000 mcg 3,333%	Rutin	10 mg **
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg 1,000%	Boron (as Boron Citrate)	1 mg **
Calcium (as Calcium Carbonate)	50 mg 4%	Coenzyme Q-10	100 mcg **

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

**Daily Value not established.