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**NATURE'S BOUNTY**

# ULTRA VITA-MIN™

**Multivitamin & Multimineral Supplement**

DIETARY SUPPLEMENT

**100** TABLETS



## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as Retinyl Palmitate and Beta-Carotene)	10,000 IU 200%	Manganese (as Manganese Gluconate)	0.70 mg 35%
Vitamin C (as Ascorbic Acid)	150 mg 250%	Chromium (as Chromium Picolinate)	2.35 mcg 2%
Vitamin D (as Cholecalciferol)	400 IU 100%	Molybdenum (as Sodium Molybdate)	10 mcg 13%
Vitamin E (as d-Alpha Tocopheryl Succinate)	12.5 IU 42%	Potassium (as Potassium Gluconate)	0.5 mg <1%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	25 mg 1,667%	PABA (Para-Aminobenzoic Acid)	15 mg *
Riboflavin (Vitamin B-2)	25 mg 1,471%	Choline Bitartrate	25 mg *
Niacin (as Niacinamide)	50 mg 250%	Inositol	25 mg *
Vitamin B-6 (as Pyridoxine Hydrochloride)	15 mg 750%	Boron (as Sodium Borate Decahydrate)	500 mcg *
Folic Acid	400 mcg 100%	Betaine Hydrochloride	25 mg *
Vitamin B-12 (as Cyanocobalamin)	50 mcg 833%	Rose Hips ( <i>Rosa canina</i> ) (fruit)	10 mg *
Biotin (as d-Biotin)	1 mcg <1%	Rutin	5 mg *
Pantothenic Acid (as d-Calcium Pantothenate)	12.5 mg 125%	Citrus Bioflavonoid Complex ( <i>Citrus sinensis</i> ) (fruit)	15 mg *
Calcium (as Oyster Shell and Bone Meal)	60 mg 6%	Royal Jelly	5 mg *
Iron (as Ferrous Gluconate)	5.79 mg 32%	Bee Propolis	5 mg *
Phosphorus (as Bone Meal)	24.3 mg 2%	Coenzyme Q-10	30 mcg *
Iodine (as Potassium Iodide)	100 mcg 67%	Octacosanol	50 mcg *
Magnesium (as Magnesium Gluconate)	0.39 mg <1%	Deodorized Garlic ( <i>Allium sativum</i> ) (bulb)	10 mg *
Zinc (as Zinc Gluconate)	0.66 mg 4%	Korean Ginseng ( <i>Panax ginseng</i> ) (root)	15 mg *
Selenium (as Sodium Selenate)	10 mcg 14%	RNA	2 mg *
Copper (as Cupric Gluconate)	0.035 mg 2%	DNA	2 mg *

\*Daily Value not established.

**Other Ingredients:** Cellulose (Plant Origin), Vegetable Stearic Acid, Croscarmellose, Silica, Cellulose Coating, Vegetable Magnesium Stearate, Mannitol, Maltodextrin, Calcium Citrate, Titanium Dioxide Color, Alfalfa Leaf, Watercress, Parsley Leaves, Kelp, Soy Lecithin.

This product contains soy, wheat, and shellfish (oyster) ingredients.

**DIRECTIONS:** Take one (1) tablet daily, preferably with a meal. Do not exceed recommended dose. If you have never taken bee products, start with a small serving per day and increase gradually in order to assess whether you are allergic. As a reminder, discuss the supplements and medications you take with your health care providers.

**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.

**WARNING:** Not intended for use by pregnant or nursing women. If you are taking any medications or planning any medical procedure, consult your doctor before use. Avoid this product if you are allergic to bees or bee products. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

**TAMPER RESISTANT:** Do not use if seal under cap is broken or missing. Store in a dry place and avoid excessive heat.

Nutrition Questions or Comments?  
Call NutraPhone® 1-800-433-2990  
Mon. - Fri. 9 AM - 7 PM ET

Visit us on the Web  
[www.NaturesBounty.com](http://www.NaturesBounty.com)

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