

ITEM #1081
B1081 08E



ACTUAL SIZE



MEGA Vita Gel

High Potency
MultiVitamin/Mineral Formula

Energy Production*

Antioxidant Protection*



Dietary Supplement

60 RAPID RELEASE
SOFTGELS



Supplement Facts

Serving Size 2 Softgels
Servings Per Container 30

Amount Per Serving	%Daily Value
Calories	15
Calories from Fat	10
Total Fat	1 g 2%**
Total Carbohydrate	<1 g <1%**
Protein	<1 g 2%**
Vitamin A (as Fish Liver Oil and 40% Beta-Carotene)	10,000 IU 200%
Vitamin C (as Ascorbic Acid and Rose Hips)	300 mg 500%
Vitamin D (as Fish Liver Oil)	400 IU 100%
Vitamin E (as d-Alpha Tocopherol plus Beta, Gamma and Delta Tocopherols)	300 IU 1,000%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg 3,333%
Riboflavin (Vitamin B-2)	50 mg 2,941%
Niacin (as Niacinamide)	50 mg 250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2,500%

Amount Per Serving	%Daily Value
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg 833%
Biotin (as d-Biotin)	50 mcg 17%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg 500%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	200 mg 20%
Iron (as Ferrous Fumarate)	15 mg 83%
Phosphorus (as Dicalcium Phosphate)	50 mg 5%
Iodine (as Kelp)	150 mcg 100%
Magnesium (as Magnesium Oxide)	50 mg 13%
Zinc (as Zinc Citrate)	15 mg 100%
Selenium (as Selenium Yeast)	25 mcg 36%
Copper (as Copper Gluconate)	2 mg 100%
Manganese (as Manganese Sulfate)	10 mg 500%
Chromium (as Chromium Picolinate)	3 mcg 3%

Amount Per Serving	%Daily Value
Potassium (as Potassium Citrate)	30 mg 1%
Garlic Oil (<i>Allium sativum</i>) (bulb)	135 mg ***
Soy Lecithin	80 mg ***
Choline Bitartrate	50 mg ***
PABA (Para-Aminobenzoic Acid)	50 mg ***
Citrus Bioflavonoid (<i>Citrus sinensis</i>) (fruit)	30 mg ***
Rutin	10 mg ***
Royal Jelly	5 mg ***
RNA (Ribonucleic Acid)	2 mg ***
DNA (Deoxyribonucleic Acid)	2 mg ***
Boron (as Boron Amino Acid Chelate)	1 mg ***
Coenzyme Q-10	100 mcg ***
Inositol	50 mcg ***
Octacosanol	10 mcg ***

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

***Daily Value not established.

Other Ingredients: Gelatin, Soybean Oil, Vegetable Glycerin, Natural Caramel Color, Titanium Dioxide Color.

Contains soy and fish (haddock, cod, pollock, shark) ingredients.

No Gluten, No Wheat, No Milk or Milk Derivatives, No Lactose, No Egg, No Grapefruit, No Shellfish, No Sugar, No Preservatives, No Artificial Flavor, No Sodium.

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.

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

WARNING: If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Avoid this product if you are allergic to yeast, bees or bee products. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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