

Recommended Use:
Take four (4) tablets per day.

If you are allergic to any of these ingredients, or are pregnant or nursing, consult a physician before taking this or any other dietary supplement. **Keep out of reach of children.**
Store in a dry place at room temperature.



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#1568

9/09



Kenzen® 健全

MEGA DAILY 4™

for women



NIKKEN®

Dietary Supplement
120 tablets

Supplement Facts

Serving Size: 4 Tablets
Servings per Container: 30

Amount per Serving	% Daily Value	Amount per Serving	% Daily Value
Vitamin A (Beta Carotene)	7500IU 150%	Manganese (Citrate)	2mg 100%
Vitamin C (ascorbic acid, calcium (ascorbate), ascorbyl palmitate, magnesium (ascorbate), potassium (ascorbate) and zinc (ascorbate))	300mg 500%	Chromium (Chelate)	180mcg 150%
Vitamin D (Cholecalciferol)	400IU 100%	Lycopene	1mg *
Vitamin E (Natural Mixed Tocopherols)	50IU 167%	Lutein	750mcg *
Vitamin K (MenaQ7™)	80mcg 100%	Organic Vegetable Blend	427mg
Thiamin	5mg 333%	Alfalfa, Spinach, Barley, Parsley	
Riboflavin	15mg 882%	Energy Plus Appetite Control	381mg
Niacinamide	75mg 375%	Green Tea SH 50% Polyphenols (8 - 12% Caffeine), Asian Ginseng Extract, Natural Cocoa	*
Vitamin B6 (Pyridoxine)	30mg 1500%	Digestive Support	350mg
Folic Acid	800mcg 200%	Fenugreek (Seed) Powder, Bromelain	*
Vitamin B12 (Methylcobalamin)	50mcg 833%	Natural Hormone Support	135mg
Biotin	300mcg 100%	Red Clover (Blossom), Cranberry Powder, Dong Quai Extract	*
Pantothenic acid	20mg 200%	Cholesterol and Heart Support	37mg
Calcium (Carbonate, Ascorbate)	732mg 73%	Garlic Powder, Alpha Lipoic Acid, Glutathione, Grape Seed Extract 95% Proanthocyanidins	*
Magnesium (Oxide, Ascorbate, Citrate)	200mg 50%		
Zinc (Oxide, Ascorbate)	50mg 333%		
Selenium (Sodium)	200mcg 286%		
Copper (Citrate)	2mg 100%		

*Daily Value not established.

Other Ingredients: Calcium carbonate, cellulose, stearic acid, magnesium stearate and carbomer homopolymer.