

Prod. No. 281

AMERICAN HEALTH®

NUTRI-MEGA®

Super Potency
DIETARY SUPPLEMENT
with
ANTIOXIDANTS

CERTIFIED
100%
NATURAL
d-ALPHA
E

60 SOFTGELS



B1081

08E

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%
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%
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.

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

No Gluten, No Wheat, No Milk or Milk Derivatives, No Lactose, No Egg, No Grapefruit, 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.

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. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

Carefully Manufactured by
AMERICAN HEALTH, INC.
Ronkonkoma, NY 11779 U.S.A.
800-445-7137

Visit www.AmericanHealthUS.com
for our complete line of products
©2011 American Health, Inc.