

Suggested Use: Take one (1) tablet daily, preferably with food or as recommended by your health care practitioner.

Indicación: Tomar una (1) tableta diariamente con comida ó como sea recomendado por su profesional del cuidado de la salud.

Description: Mega Multi Energizer is a comprehensive multivitamin that doubles as an herbal energy supplement, which is designed to increase energy throughout the day. It's formulated using a modified cellulose base, which provides a continuous release of nutrients and energy all day. If you're looking for increased energy, alertness and memory retention without the unwanted jitters try Mega Multi Energizer.*

GUARANTEED FREE OF: sugar, starch, salt, preservatives, coloring, egg, synthetic sustained release agents, corn, milk, coal-tar derivatives, barley, buckwheat, oat, rye, wheat and yeast derivatives

Nutrition Questions or Comments?
Call Only Natural Inc. at 516-897-7001
Mon. – Fri. 9 AM - 5 PM EST
For healthy tips and product
information visit us at:
www.onlynaturalinc.com

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

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Mega Multi Energizer

A multivitamin for a
more active lifestyle
Time Released Formula

Dietary Supplement • 60 Tablets

Supplement Facts

Serving size: one (1) tablets

Each tablets supplies:	% U.S. RDA	Each tablets supplies:	% U.S. RDA
Vitamin A (Fish Liver Oil)	10,000 I.U. 500	Folic Acid	400 mcg 100
Vitamin A Activity (Beta Carotene)	15,000 I.U. 500	Citrus Bioflavonoid Complex	50 mg ***
Vitamin D (Fish Liver Oil)	1,000 I.U. 250	Rutin	30 mg ***
Vitamin B-1 (Thiamine HCl)	100 mg 6,666	Hesperidin	5 mg ***
Vitamin B-2 (Riboflavin)	100 mg 5,882	Betaine HCl	30 mg ***
Vitamin B-3 (Niacinamide)	100 mg 500	Glutamic Acid	30 mg ***
Vitamin B-5 (Pantothenic Acid)	100 mg 1,000	Calcium (Amino Acid Chelate)	60 mg 7
Vitamin B-6 (Pyridoxine HCl)	100 mg 5,000	Magnesium (Amino Acid Chelate)	40 mg 10
Vitamin B-12 (Cobalamin Conc.)	100 mcg 1,666	Potassium (Amino Acid Complex)	15 mg ***
Vitamin C (with Rose Hips)	250 mg 417	Zinc (Amino Acid Chelate)	20 mg 133
Vitamin E (d-Alpha Tocopherol)	150 I.U. 500	Iron (Amino Acid Chelate)	15 mg 83
Inositol	100 mg ***	Manganese (Amino Acid Chelate)	7 mg ***
Choline Bitartrate	100 mg **	Iodine (from Kelp)	150 mg ***
PABA	100 mg ***	Selenium (as L-Selenomethionine)	50 mcg ***
d-Biotin	100 mcg 33	GTF Chromium (as Trivalent Chromate-GTF)	15 mcg ***

In a natural base of Gotu Kola Extract, Ginkgo Biloba Extract and Guarana Extract

** Need in human nutrition established, but not U.S. RDA

*** Need in human nutrition not established

Daily value based on 2,000 calorie diet

Additional Ingredients: dicalcium phosphate, cellulose, silica, vegetable stearate, Pharmaceutical glaze

STORE IN A COOL, DRY PLACE
KEEP OUT OF REACH OF CHILDREN
TAMPER RESISTANT - DO NOT USE
IF SEAL IS DAMAGED OR MISSING

upc
7-27413-00931-3

Only Natural, Inc.
Island Park, NY 11558 U.S.A.

Made in
USA

Exp. date / Lot #