



Since 1972

p-Aminobenzoic Acid (PABA)	83 mg	†
Inositol	12 mg	†
Coenzyme Q ₁₀	3.3 mg	†
L-Cysteine Hydrochloride	240 mg	†
L-Methionine	56 mg	†

†Daily Value not established.

Other Ingredients: Cellulose, stearic acid (vegetable), magnesium stearate (vegetable), citrus bioflavonoids, rutin, magnesium silicate, silicon dioxide, adrenal substance, spleen substance, thymus substance, cod liver oil (from fish), ginkgo leaf (*Ginkgo biloba*), hawthorn berries (*Crataegus laevigata*, *C. monogyna*).

GUARANTEED PURE

Circulatory System Support*

RECOMMENDATION: Begin by taking one tablet twice daily for one week. Then take one tablet three times daily for the second week. Gradually increase to four tablets with meal once daily. Maintain this level for three to four months. Then gradually taper off in a similar manner.

WARNING: If pregnant, or planning pregnancy, daily vitamin A intake should not exceed 3000 mcg (10,000 IU). Quantities in excess of 3000 mcg/day may result in reproductive hazards, or birth defects. Before starting a vitamin A regimen please consult your physician.

Warning: This bottle contains enough iron to harm a child. Close lid tightly and keep out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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

For optimum freshness, refrigerate after opening.

This bottle was sealed for your protection. Do not use if inner seal is missing or damaged. Nature's Sunshine uses natural source materials in its products that are subject to color variation. Product of U.S.A.



MEGA CHEL[®]

Vitamin, Mineral, and Herbal Supplement with other nutrients

Dietary Supplement
120 TABLETS

Stock No. 4201
NATURE'S SUNSHINE PRODUCTS, INC.
Spanish Fork, Utah 84660 1-800-223-8225 www.naturessunshine.com

Supplement Facts

Serving Size 4 Tablets
Servings Per Container 30

Amount Per 4 Tablets		%Daily Value
Vitamin A (palmitate, 80% as beta-carotene)	7800 mcg	867%
Vitamin C (ascorbic acid)	1240 mg	1378%
Vitamin D ₃ (cholecalciferol)	5.4 mcg	27%
Vitamin E (d-alpha tocopheryl acetate)	97 mg	647%
Thiamin (B ₁ , thiamine mononitrate)	66 mg	5500%
Riboflavin (B ₂)	16 mg	1231%
Niacin (niacinamide)	33 mg	206%
Vitamin B ₆ (pyridoxine hydrochloride)	50 mg	2941%
Folic Acid	186 mcg DFE (112 mcg as folic acid)	47%
Vitamin B ₁₂ (cyanocobalamin)	80 mcg	3333%
Biotin	33 mcg	110%
Pantothenic Acid (d-calcium pantothenate)	166 mg	3320%
Calcium (dicalcium phosphate, amino acid chelate, d-calcium pantothenate)	120 mg	9%
Iron (ferrous fumarate)	3 mg	17%
Phosphorus (dicalcium phosphate)	84 mg	7%
Iodine (potassium iodide)	42 mcg	28%
Magnesium (oxide, amino acid chelate)	128 mg	30%
Zinc (oxide, gluconate)	8.8 mg	80%
Selenium (amino acid chelate)	80 mcg	145%
Copper (gluconate)	.08 mg	9%
Manganese (amino acid chelate)	1.4 mg	61%
Chromium (amino acid chelate)	67 mcg	191%
Potassium (gluconate)	128 mg	3%

LOT:
Full Potency Through: