

Supplement Facts

Serving Size 2 tablets

Servings Per Container 50

Amount Per Serving	% DV
Calcium 500 mg	50%
Magnesium 250 mg	60%
Iron 18 mg	100%
Zinc 15 mg	100%
Manganese 4 mg	200%
Copper 2 mg	100%
Potassium 45 mg	.2%
Iodine 224 mcg	150%

INGREDIENTS: Calcium carbonate, calcium phosphate, magnesium oxide, potassium gluconate, calcium chelate*, magnesium chelate*, ferrous fumarate, cellulose (binder), croscarmellose sodium (modified cellulose) (disintegrant), vegetable stearic acid (lubricant), zinc citrate, manganese chelate*, potassium complex, vegetable magnesium stearate (lubricant), copper chelate*, silicon dioxide (moisture control), iron chelate*, zinc chelate*, potassium iodide.

FULLY BONDED, TRUE AMINO ACID CHELATE

MEGA Minerals

standard
VITAMINS

with amino acid chelates

Minerals trigger many of the
body's biological processes.
They are needed to build
bones and form hormones.
Some are vital for energy
production and normal
nerve and muscle
functions.*

DIETARY SUPPLEMENT
100 TABLETS

30
MINUTES

** These tablets will disintegrate in
the digestive tract within 30 minutes
after swallowing.

DIRECTIONS: Take 2 tablets daily, or as
directed by your health care professional.
Store container tightly closed in a cool, dry
place. Pregnant or nursing women, or
anyone taking medication or who has a
medical condition, should consult a
health-care professional before using this
or any other dietary supplement.

WARNING: Accidental overdose of iron-
containing products is a leading cause of
fatal poisoning in children under 6. Keep
this product out of the reach of children.
In case of accidental overdose, call a doctor
or poison control center immediately.

QUALITY GUARANTEE: Certified potency
and purity. Satisfaction guaranteed.

ALLERGEN STATEMENT: Does not contain
any of the major food allergens: milk, egg,
fish, crustacean shell fish, tree nuts, wheat,
peanuts, soy (see www.fda.gov).

* THESE STATEMENTS HAVE NOT BEEN APPROVED BY THE FOOD
AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED
TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

