

Hypoallergenic

Mega•VM™

a special multivitamin
antioxidant formula



**Target
Release**

Dietary Supplement
120 Tablets

Directions: 2-4 tablets daily as
a dietary vitamin supplement or as
directed by your health professional.
THE FORMULA IS HYPOALLERGENIC.
IT IS FREE OF YEAST, EGG, GLUTEN,
CORN, WHEAT, MILK, STARCH,
ARTIFICIAL COLORS, SWEETENERS OR
PRESERVATIVES.

Supplement Facts: Serving Size: 4 Tablets

Four Tablets Contain % Daily Value

Vitamin A (Retinol palmitate) 20,000 IU	400
Mixed Carotenoids 13 mg 26,000 IU	88
incl. Lycopene (2mg), Lutein (6mg), Xanthines (1mg)	
Vitamin B-1 (Thiamine nitrate) 60 mg	4000
Vitamin B-2 (Riboflavin) 60 mg	3525
Vitamin B-3 (Niacinamide) 150 mg	900
Niacin 40 mg	200
Vitamin B-5 (Calcium pantothenate) 450 mg	4500
Vitamin B-6 (Pyridoxine hydrochloride) 50 mg	2270
Vitamin B-12 (on beta-Cyclodextrin) 74 mcg	1200
Biotin 300 mcg	100
Choline (Bitartrate) 45 mg	
Folic Acid 700 mcg	175
Inositol 100 mg	
Para-Aminobenzoic acid 45 mg	
Vitamin C (Ascorbates) 600 mg	1000
Bioflavonoids (Hesperidin, Rutin, Quercetin) 50 mg	
Vitamin D-3 200 IU	25
Vitamin E (d-alpha-Tocopheryl Acid Succinate) 400 IU	1333

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Calcium (Ascorbate/Citrate) 500 mg	48
Magnesium (Ascorbate/Citrate) 400 mg	100
Potassium (Aspartate) 99 mg	2.3
Manganese (Aspartate, Picolinate) 14 mg	200
Iron (Ferronyl) 18 mg	100
Copper (Citrate/Aspartate) 2 mg	25
Zinc (Picolinate) 15 mg	100
L-Leucine (amino acid) 30 mg	
SeaSEL™ - Pacific Kelp 200 mg, supplying:	
Chromium (GTF) 190 mcg	
Selenium 200 mcg	100
Iodine 260 mcg	160
Molybdenum 50 mcg	
Boron 20 mg	
Other trace minerals: Cobalt, Silicon, Vanadium, Nickel, etc. 60 mcg	

* Daily Value not established ** SeaSEL
Selenium Kelp is a product and registered
trademark of INI.

Other Ingredients: Magnesium stearate, Methyl-
cellulose (coating)

CAUTION: KEEP THE BOTTLE CLOSED IN A COOL,
DRY PLACE, PROTECTED FROM SUN LIGHT. # S09

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