

EVIDENCE-BASED



integrative
THERAPEUTICS, INC.

MEGA MULTIVITAMIN POWDER MIX

BERRY FLAVOR

Power-packed with vitamins,
minerals, and natural flavors
for daily nutritional support*

NET WT 22 OZ (642 g)

Powder Mix
Dietary Supplement

*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.

Mega MultiVitamin Powder Mix is a dietary supplement designed to conveniently supply 100 percent or more of the Recommended Daily Allowances of most essential vitamins and minerals. Featuring a combination of 23 vitamins and minerals, this formula contains protein, amino acids, fiber, calcium and antioxidants to support optimal health and energy levels.* Mega MultiVitamin was designed for the person who needs a complete multivitamin in a delicious, versatile powder mix.

Mega MultiVitamin Powder Mix:

- Convenient, once-daily multivitamin and mineral supplement
- Delicious Berry Flavor powder mix in an iron-free formula
- Includes potent antioxidants—lutein, zeaxanthin, and N-acetylcysteine*
- Contains high levels of all B vitamins for healthy cellular energy production*
- Includes whey protein which provides a broad range of amino acids—both essential and non-essential
- Especially rich in L-cysteine and L-glutamic acid, two amino acids which are precursors of the antioxidant glutathione*
- Also supports healthy immune system functioning*
- Includes inulin, a fiber source that also promotes calcium absorption*
- GREAT FOR KIDS!

Mega MultiVitamin Powder Mix is also available in a great-tasting Chocolate Malt flavor made with high purity vegetarian pea protein. An iron-free, dairy-free formula.

MANUFACTURED BY AN FDA-REGISTERED DRUG ESTABLISHMENT FOR
INTEGRATIVE THERAPEUTICS, INC. • GREEN BAY, WI 54311 USA
www.integrativeinc.com • 1.800.931.1709



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Supplement Facts

Serving Size	1 level scoop (21.4 g)	3/4 teaspoon (2.1 g)	
Servings per container	30	300	
	Amount per 1 level scoop***	%DV† for age 4 years and over	%DV† for age 2 to <4 years
Calories	65		
Cholesterol	10 mg	3%†	**
Total Carbohydrate	7 g	2%†	**
Dietary Fiber	1 g	4%†	**
Sugars	1 g	**	**
Protein	6 g	12%†	**
Vitamin A (as beta carotene and as retinyl acetate)	7,000 IU	140%	28%
Vitamin C (ascorbic acid)	750 mg	1,250%	188%
Vitamin D (as cholecalciferol)	600 IU	150%	15%
Vitamin E (as d-alpha tocopheryl acetate)	100 IU	333%	100%
Thiamin (as thiamin HCl) (vitamin B1)	3.7 mg	247%	53%
Riboflavin (vitamin B2)	4.2 mg	247%	53%
Niacin (as niacinamide)	50 mg	250%	56%
Vitamin B6 (as pyridoxine HCl)	5 mg	250%	71%
Folic Acid	800 mcg	200%	40%
Vitamin B12 (as cyanocobalamin)	15 mcg	250%	50%
Biotin	750 mcg	250%	50%
Pantothenic Acid (as calcium D-pantothenate)	25 mg	250%	50%
Calcium (as calcium lactate)	500 mg	50%	6%

	Amount per 1 level scoop***	%DV† for age 4 years and over	%DV† for age 2 to <4 years
Iodine (as potassium iodide)	150 mcg	100%	21%
Magnesium (as magnesium glycinate)	200 mg	50%	10%
Zinc (as zinc sulfate)	15 mg	100%	19%
Selenium (as L-selenomethionine)	200 mcg	286%	**
Copper (as copper gluconate)	250 mcg	13%	3%
Manganese (as manganese citrate)	4 mg	200%	**
Chromium (as chromium picolinate)	200 mcg	167%	**
Molybdenum (as sodium molybdate)	250 mcg	333%	**
Sodium	15 mg	<1%	**
Potassium (from whey protein, guar gum, potassium citrate, potassium iodide)	50 mg	1%	**
Whey Protein (milk)	7.5 g	**	**
Malic Acid	900 mg	**	**
Betaine	750 mg	**	**
Inositol	750 mg	**	**
Inulin (from chicory root)	750 mg	**	**
Taurine	500 mg	**	**
Glycine	390 mg	**	**
L-Tyrosine	377 mg	**	**
N-Acetylcysteine (NAC)	250 mg	**	**
L-Serine	240 mg	**	**
Rutin	120 mg	**	**
Stevia (Stevia rebaudiana) Leaf Extract 15:1	55 mg	**	**
Sweet Cherry (Prunus avium) Fruit Extract 10:1	50 mg	**	**

	Amount per 1 level scoop***	%DV† for age 4 years and over	%DV† for age 2 to <4 years
Cranberry (Vaccinium macrocarpon) Fruit Extract 12:1	25 mg	**	**
Bilberry (Vaccinium myrtillus) Fruit Extract 4:1	10 mg	**	**
Boron (as sodium borate)	2 mg	**	**
Lutein	1.5 mg	**	**
Zeaxanthin	80 mcg	**	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

***Amounts for one-half scoop is half this amount; amount for 3/4 level teaspoon is 1/10th this amount.

Other ingredients: natural flavors, organic guar gum, vegetable juice color, soybean oil, and soy lecithin.

Recommendations:

Adults: Mix one level scoop (21.4 g) daily with 8-10 ounces of cold water.

Children age 4-12: Mix one-half scoop (10.7 g) daily with 4 to 5 ounces of cold water.

Children age 2-4: Mix 3/4 level teaspoon (2.1 g) daily with 2 ounces of cold water.

Mix well for 30 seconds. Drink within 30 minutes of preparation.

If pregnant, nursing, or taking prescription drugs, consult your healthcare practitioner prior to use.

Contains no yeast, wheat, gluten, corn, artificial flavoring, or preservatives. All colors used are from natural sources.

Container is filled by weight, not volume; some settling may occur.