

FOSTER REGAL®**The Best Choice.®****MEGA - VM****High Potency
One Daily****VITAMIN / MINERAL**

Dietary Supplement

60 TABLETS**Supplement Facts**

Serving Size 1 Tablet

Mfg. in a Ko Kosher Certified, FDA Registered
Facility, using Good Manufacturing Practices
(GMPs)

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A 25000 IU 500 % (80% as beta carotene)(20% as palmitate)		Magnesium (as magnesium oxide) 7 mg 2%	
Vitamin C (as L-ascorbic acid) 250 mg 417%		Zinc (as zinc oxide) 15 mg 100%	
Vitamin D-3 (as cholecalciferol) 400 IU 100%		Selenium (as sodium selenite) 10 mcg 14%	
Vitamin E (as d-alpha tocopheryl succinate) 150 IU 500%		Manganese (as manganese sulfate) 6 mg 300%	
Thiamin (as thiamin hydrochloride) 75 mg 5000%		Potassium (as potassium chloride) 10 mg < 1%	
Riboflavin 75 mg 4412%			
Niacin (as niacinamide) 75 mg 375%		Choline (as choline bitartrate) 75 mg *	
Vitamin B-6 (as pyridoxine hydrochloride) 75 mg 3750%		Inositol (as inositol cyclohexanehexol) 75 mg *	
Folic Acid 400 mcg 100%		Lemon Bioflavonoids 30 mg *	
Vitamin B-12 (as cyanocobalamin) 75 mcg 1250%		PABA (as para aminobenzoic acid) 75 mg *	
Biotin 75 mcg 25%		Rutin 25 mg *	
Pantothenic Acid (as calcium pantothenate) 75 mg 750%		Betaine (as betaine hydrochloride) 25 mg *	
Calcium (as calcium carbonate) 50 mg 5%		Glutamic Acid (as L-glutamic acid) 25 mg *	
Iron (as ferrous fumarate) 10 mg 56%			
Iodine (as potassium iodide) 150 mcg 100%			

* Daily Value not established.

Other ingredients: Veg. cellulose, veg. magnesium stearate, veg. stearic acid, silica, vanillin, rose hips, alfalfa, parsley. Contains fish (cod) & wheat ingredients.

WARNING: Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose contact a doctor or poison control center immediately.**DIRECTIONS:** As a dietary supplement, take 1 tablet daily.**TAMPER EVIDENT:** Do not use this product if imprinted seal under cap is broken or missing. Keep tightly closed. Store at room temperature: 59°-86°F (15° to 30°C).**CAUTION:** If you are pregnant or nursing, consult your physician before taking this product. Conforms to USP <2091> for weight. Meets USP <2040> disintegration for maximum bioavailability.**Made in USA**

Mfg. for: Foster Regal Laboratories®, 115 S.C.T. Ct., White House, TN 37188