

Re-Order No.
245688

 **MAJOR**[®]

Thera-M

High Potency
Vitamin and Mineral Supplement
Fortified with Beta-Carotene

130 Tablets

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value
Vitamin A (as Retinyl Acetate and Beta-Carotene)	5,000 IU 100%
Vitamin C (as Ascorbic Acid)	90 mg 150%
Vitamin D (as Ergocalciferol)	400 IU 100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	60 IU 200%
Vitamin K (as Phytonadione)	28 mcg 35%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	3 mg 200%
Riboflavin (Vitamin B-2)	3.4 mg 200%
Niacin (as Niacinamide)	20 mg 100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	6 mg 300%

OTHER INGREDIENTS: Cellulose (Plant Origin), Croscarmellose, Cellulose Coating, Gelatin, Vegetable Stearic Acid, Mannitol, Vegetable Magnesium Stearate, FD&C Red No. 40 Lake, Maltodextrin, Starch, Titanium Dioxide Color, FD&C Blue No. 2 Lake.

Contains fish (cod, pollock, haddock, hake, cusk, redfish, sole, flounder) ingredients.

DIRECTIONS: For adults, take one (1) tablet daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

Amount Per Tablet	% Daily Value
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	12 mcg 200%
Biotin (as d-Biotin)	30 mcg 10%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 100%
Calcium (as Dicalcium Phosphate)	30 mg 3%
Iron (as Ferrous Fumarate)	9 mg 50%
Phosphorus (as Dicalcium Phosphate)	23 mg 2%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	100 mg 25%
Zinc (as Zinc Oxide)	15 mg 100%
Selenium (as Sodium Selenate)	70 mcg 100%
Copper (as Copper Oxide)	2 mg 100%
Manganese (as Manganese Sulfate)	2 mg 100%

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

FREE OF: Yeast, wheat, milk or milk derivatives, lactose, sugar, preservatives, artificial flavor.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

Amount Per Tablet	% Daily Value
Chromium (as Chromium Chloride)	50 mcg 42%
Molybdenum (as Sodium Molybdate)	75 mcg 100%
Chloride (as Potassium Chloride)	7 mg <1%
Potassium (as Potassium Chloride)	7.5 mg <1%
Boron (as Potassium Borate and Sodium Borate)	150 mcg *
Tin (as Tin Chloride)	10 mcg *
Vanadium (as Sodium Metavanadate)	10 mcg *
Nickel (as Nickel Sulfate)	5 mcg *
Silica (as Silicon Dioxide)	6 mg *

*Daily Value not established.

STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT; DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Distributed by: **MAJOR[®] PHARMACEUTICALS**
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Questions or Comments? (800)-616-2471
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POTENCY
GUARANTEED