

SOURCE NATURALS®

DIETARY SUPPLEMENT

MEGA-ONE™**HIGH POTENCY MULTI-VITAMIN
WITH MINERALS****60 TABLETS****Supplement Facts**

Serving Size 1 Tablet

	Amount Per Serving	%DV
Total Carbohydrate	0.5 g	<1%*
Vitamin A	3,600 mcg	400%
(as palmitate 2,100 mcg & beta-carotene 1,500 mcg)		
Vitamin C (from calcium & zinc ascorbates and manganese ascorbic acid complex)	250 mg	278%
Vitamin D-3 (as cholecalciferol)	10 mcg	50%
Vitamin E (as d-alpha tocopheryl succinate)	67 mg	447%
Thiamin (vitamin B-1)	85 mg	7,083%
Riboflavin (vitamin B-2)	85 mg	6,538%
Niacin (as niacinamide)	85 mg	531%
Vitamin B-6 (as pyridoxine HCl)	85 mg	5,000%
Folate (as folic acid)	714 mcg DFE	178%
	(420 mcg folic acid)	
Vitamin B-12 (as cyanocobalamin)	90 mcg	3,750%
Biotin	90 mcg	300%
Pantothenic Acid (as calcium D-pantothenate)	85 mg	1,700%
Choline (as choline bitartrate)	33 mg	6%
Calcium (as calcium carbonate & ascorbate)	40 mg	3%
Iron (as iron fumarate)	11 mg	61%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide & citrate)	20 mg	5%
Zinc (as zinc ascorbate)	15 mg	136%
Selenium (as L-selenomethionine & sodium selenite)	50 mcg	90%
Copper (as copper sebacic acid complex)	1 mg	111%

	Amount Per Serving	%DV
Manganese (as manganese ascorbic acid complex)	6 mg	260%
Chromium (as amino acid chelate)	100 mcg	286%
Molybdenum	100 mcg	222%
(as molybdenum amino acid complex)		
Potassium (as potassium citrate)	10 mg	<1%
PABA (para-aminobenzoic acid)	85 mg	†
Inositol	85 mg	†
Citrus Bioflavonoid Complex	25 mg	†
Rutin	21 mg	†
Hesperidin	5 mg	†
Boron (as boron amino acid complex)	1 mg	†

*Percent Daily Values (%DV) are based on a 2,000 calorie diet.
†Daily Value not established.

Other ingredients: stearic acid, hydroxypropyl cellulose, modified cellulose gum, silica, and magnesium stearate.

Contains soy.**Suggested Use:** 1 tablet daily with a meal.**MEGA-ONE™** is a potent one-tablet-a-day multi-vitamin.**WARNING:** Do not use if you are pregnant, may become pregnant, or breastfeeding.

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.

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

SN0008 REV C203-F

FG-106246 BEST IF USED BY 7 24

Manufactured for:
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