

SOURCE NATURALS®



DIETARY SUPPLEMENT

MEGA-ONE™

HIGH POTENCY MULTI-VITAMIN
WITH MINERALS

180 TABLETS

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	%DV
Vitamin A (as palmitate 2,100 mcg & beta-carotene 750 mcg)	2,850 mcg	317%
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	6,581%
Niacin (as niacinamide)	85 mg	5,000%
Vitamin B-6 (as pyridoxine HCl)	85 mg	1,781%
Folate (as folic acid) (420 mcg folic acid)	714 mcg DFE	178%
Vitamin B-12 (as cyanocobalamin)	90 mcg	3,750%
Biotin	90 mcg	300%
Pantothenic Acid (as calcium D-pantothenate)	85 mg	1,700%
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	138%
Selenium (as L-selenomethionine & sodium selenite)	50 mcg	90%
Copper (as copper sebacic acid complex)	1 mg	111%
Manganese (as manganese ascorbic acid complex)	6 mg	260%

	Amount Per Serving	%DV
Chromium (as amino acid chelate)	100 mcg	286%
Molybdenum (as molybdenum amino acid complex)	100 mcg	133%
Potassium (as potassium citrate)	10 mg	<1%
Choline Bitartrate	85 mg	†
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	†

†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.

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FG-101602 BEST IF USED BY 9 23

Manufactured for:
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