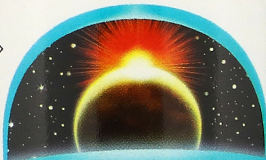


SOURCE NATURALS®

NO
IRON



DIETARY SUPPLEMENT

MEGA-ONE™

HIGH POTENCY MULTI-VITAMIN
WITH MINERALS

60 TABLETS

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	%DV
Vitamin A (as palmitate 2,100 mcg & <i>beta</i> -carotene 1,500 mcg)	3,600 mcg	400%
Vitamin C (from calcium, zinc & manganese ascorbates)	250 mg	278%
Vitamin D-3 (as cholecalciferol)	10 mcg	50%
Vitamin E (as <i>d-alpha</i> tocopheryl succinate)	67 mg	447%
Thiamin (vitamin B-1)	85 mg	7,084%
Riboflavin (vitamin B-2)	85 mg	6,539%
Niacinamide (as Niacinamide)	85 mg	531%
Vitamin B-6 (as pyridoxine HCl)	85 mg	5,000%
Folate (as folic acid) (420 mcg folic acid)	714 mcg DFE	179%
Vitamin B-12 (as cyanocobalamin)	90 mcg	3,750%
Pantothenic Acid (as calcium <i>D</i> -pantothenate)	85 mg	1,620%
Choline (as choline bitartrate)	33 mg	6%
Calcium (as calcium carbonate, ascorbate & calcium <i>D</i> -pantothenate)	48 mg	4%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide & citrate)	20 mg	5%
Zinc (as zinc ascorbate)	15 mg	136%

	Amount Per Serving	%DV
Selenium (as L-selenomethionine & sodium selenite)	50 mcg	91%
Copper (as copper sebacic acid complex)	1 mg	111%
Manganese (as manganese ascorbic acid complex)	6 mg	261%
Chromium (as amino acid chelate)	100 mcg	286%
Molybdenum (as molybdenum amino acid complex)	100 mcg	222%
Potassium (as potassium citrate)	10 mg	<1%
PABA (<i>para</i> -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, modified cellulose gum, silica, and biotin.

Contains soy.

Suggested Use: 1 tablet daily with a meal.

MEGA-ONE™ is a potent one-tablet-a-day multi-vitamin.

WARNING: Not for use by women who are pregnant, may become pregnant, or breastfeeding.

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

SN1441 REV F202-D

FG-105623 BEST IF USED BY 9 22

Manufactured for:
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