Suggested Use: Take two (2) softgels once daily, preferably with a meal, as a dietary supplement, or as directed by a physician.

Other Ingredients: Safflower Oil, Gelatin, Vegetable Glycerine. **Contains <2% of:** Natural Caramel Color, Soybean Oil.

*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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, call a doctor or poison control center immediately. **Note*** Women who are pregnant or may become pregnant are recommended not to exceed 5,000 IU of Vitamin A per day.

For your protection, this container has an outer safety seal. (Do not accept if missing or broken.)
Best if used by date on bottle. Store at room temperature.

KEEP OUT OF REACH OF CHILDREN

Any Questions? 1-800-644-8327

Website: www.botanicchoice.com

Distributed by: Indiana Botanic Gardens, Inc.
3401 W. 37th Ave. Hobart, IN 46342

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Mega Vita Gel™

*Total Health Support**

30 Softgels

Dietary Supplement

Supplement Facts

Serving Size 2 Softgels

Servings Per Container 15

Amount Per Serving		% Daily Value
Calories	15	
Calories from Fat	10	
Total Fat	1 g	2%†
Total Carbohydrate	<1 g	<1%†
Protein	<1 g	2%†
Vitamin A (as 100% Beta-Carotene)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	120 mg	200%
Vitamin D (as D3 Cholecalciferol)	2,000 IU	500%
Vitamin E (as d-Alpha Tocopherol)	30 IU	100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg	3,333%
Riboflavin (Vitamin B-2)	50 mg	2,941%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2,500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	500 mcg	8,333%
Biotin (as d-Biotin)	1,000 mcg	333%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg	500%
Calcium (as Calcium Carbonate)	50 mg	5%
Iron (as Ferrous Fumarate)	18 mg	100%
Iodine (as Kelp)	150 mcg	100%
Magnesium (as Magnesium Oxide)	25 mg	6%
Zinc (as Zinc Citrate)	15 mg	100%
Selenium (as Selenium Yeast)	25 mcg	36%
Copper (as Copper Gluconate)	2 mg	100%
Manganese (as Manganese Sulfate)	2 mg	100%
Chromium (as Chromium Picolinate)	200 mcg	167%
Potassium (as Potassium Citrate)	32 mg	1%
Choline Bitartrate	10 mg	**
Inositol	10 mg	**
Citrus Bioflavonoid *(Citrus Sinensis)* fruit	10 mg	**
Rutin	10 mg	**
Boron (as Boron Citrate)	1 mg	**
Coenzyme Q-10	100 mcg	**

† Percent Daily Values are based on a 2,000 calorie per day diet.
** Daily Value not established.