

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	1 g	<1%*
Vitamin A (as palmitate 10,000 IU & beta-carotene 2,000 IU)	12,000 IU	240%
Vitamin C (from calcium, zinc & manganese ascorbates)	250 mg	416%
Vitamin D-3 (as cholecalciferol)	400 IU	100%
Vitamin E (as vitamin E succinate)	100 IU	333%
Thiamin (vitamin B-1)	85 mg	5,667%
Riboflavin (vitamin B-2)	85 mg	5,000%
Niacinamide	85 mg	425%
Vitamin B-6 (as pyridoxine HCl)	85 mg	4,250%
Folate (as folic acid)	420 mcg	105%
Vitamin B-12 (as cyanocobalamin)	85 mcg	1,417%
Biotin	85 mcg	28%
Pantothenic Acid (as calcium D-pantothenate)	85 mg	850%
Calcium (as calcium ascorbate & citrate)	40 mg	4%
Iron (as iron fumarate)	11 mg	61%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium citrate & oxide)	20 mg	5%
Zinc (as zinc ascorbate)	15 mg	100%
Selenium (as amino acid chelate)	50 mcg	71%
Copper (as copper sebacate)	1 mg	50%
Manganese (as manganese ascorbate)	6 mg	300%

Chromium (as amino acid chelate)	100 mcg	83%
Molybdenum (as amino acid chelate)	100 mcg	133%
Potassium (as potassium citrate)	10 mg	<1%
Choline Bitartrate	85 mg	†
PABA (para-aminobenzoic acid)	85 mg	†
Inositol	85 mg	†
Bioflavonoid Complex	25 mg	†
Rutin	21 mg	†
Hesperidin	5 mg	†
Boron (as amino acid chelate)	1 mg	†

*Percent Daily Values (%DV) are based on a 2,000 calorie diet.

†Daily Value not established.

Other ingredients: stearic acid, modified cellulose gum, colloidal silicon dioxide, 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 J102-A

Manufactured by:
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