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Other ingredients: Cellulose, vegetable stearate and silica.

Manufactured by:
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205 USA
www.douglaslabs.com
1.800.245.4440

This product contains NO yeast, wheat, gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Suggested Usage: As a dietary supplement, adults take 2 tablets daily or as directed by your healthcare professional.

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.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if inner seal is missing.

Formula #7999

Mega-Min

A Dietary Supplement



60 Tablets

Supplement Facts

Serving Size 2 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin D-3.....	400 IU 100%
Calcium (from Calcium Chelate Complex).....	1000 mg 100%
Iron (from Iron Chelate Complex).....	30 mg 167%
Iodine (from Kelp).....	150 mcg 100%
Magnesium.....	500 mg 125%
(from Magnesium Chelate Complex)	
Zinc (from Zinc Chelate Complex).....	22.5 mg 150%
Selenium (from Selenium Chelate).....	100 mcg 143%
Copper (from Copper Chelate).....	3 mg 150%
Manganese (from Manganese Chelate Complex).....	10 mg 500%
Chromium (from Chromium Chelate).....	200 mcg 167%
Chloride.....	90 mg 3%
Potassium.....	95 mg 2%
(from Potassium Chelate Complex)	
Betaine (from 100 mg of Betaine HCl).....	76 mg *
Glutamic Acid.....	80 mg *
(from 100 mg of Glutamic Acid HCl)	

*Daily Value not established.