

**DIRECTIONS:** Take 1 tablet daily with food as a dietary supplement or as directed by a healthcare professional.



**KEEP OUT OF REACH OF CHILDREN.**  
Protect from heat, light & moisture.  
Store in a cool, dry place.  
Do not purchase if seal is broken.



**NO SUGAR, WHEAT, SOY, MILK, ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES**

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

ITEM: 999NL



# Mega 75

**GENERAL WELLNESS<sup>†</sup>  
IMMUNE HEALTH<sup>†</sup>**

**60 TABLETS | DIETARY SUPPLEMENT**

## Supplement Facts

Serving Size: 1 Tablet

	Amount Per Serving	%Daily Value*
Vitamin A (as beta-carotene)	2,250 mg	250%
Vitamin C (as ascorbic acid)	250 mg	278%
Vitamin D (as ergocalciferol)	20 mcg	100%
Vitamin E (as d-alpha-tocopheryl succinate)	45 mg	300%
Thiamin (as thiamin mononitrate)	75 mg	6,250%
Riboflavin	75 mg	5,769%
Niacin (as niacinamide)	75 mg	469%
Vitamin B6 (as pyridoxine hydrochloride)	75 mg	4,412%
Folate	665 mcg DFE	166%
	(400 mcg folic acid)	
Vitamin B12 (as cyanocobalamin)	75 mcg	3,125%
Biotin	150 mcg	500%
Pantothenic acid (as D-calcium pantothenate)	75 mg	1,500%
Calcium (as calcium carbonate & calcium amino acid chelate)	20 mg	2%
Iodine	3 mcg	2%
Magnesium (as magnesium glycinate complex & magnesium oxide)	10 mg	2%
Zinc (as zinc gluconate)	15 mg	136%
Selenium (as L-selenomethionine)	55 mcg	100%
Copper (as copper chelate)	1 mg	111%
Manganese (as manganese amino acid chelate)	2.3 mg	100%
Chromium (as chromium nicotinate)	35 mcg	100%

Proprietary Blend: 100 mg \*  
Betaine hydrochloride, citrus bioflavonoids, rutin, lutein (from marigold flower extract), hesperidin (from citrus fruit), and kelp powder

\*Daily value not established.

Other ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silica, and coating (hypromellose, glycerin, talc and carnauba wax).



Distributed by Windmill Health Products<sup>®</sup>  
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**NON GMO - GLUTEN FREE - VEGAN**