



Mega 80[®]

ONCE DAILY
DIETARY SUPPLEMENT

MULTIVITAMIN
MULTIMINERAL

60 Tablets

Thompson[®]
SINCE 1932

WARNING: Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product. Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. In case of accidental overdose, call a doctor or poison control center immediately.

Directions: Use only as directed. Take one tablet daily with a meal or glass of water. Store in a cool, dry place.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as retinol palmitate)	10,000 IU	200%
Vitamin C	250 mg	417%
Vitamin D (as cholecalciferol) (D-3)	600 IU	150%
Vitamin E (as d-alpha-tocopheryl succinate)	80 IU	267%
Thiamine (as thiamin HCl)	68 mg	4,533%
Riboflavin (B-2)	80 mg	4,706%
Niacin (as niacinamide)	80 mg	400%
Vitamin B-6 (as pyridoxine HCl)	80 mg	4,000%
Folic Acid	400 mcg	1,000%
Vitamin B-12 (as cyanocobalamin)	60 mcg	1,333%

Biotin	80 mcg	27%
Pantothenic Acid (as d-calcium pantothenate)	80 mg	800%
Calcium (as dicalcium phosphate, calcium carbonate)	45 mg	5%
Iron (as iron fumarate)	5 mg	28%

	Amount Per Serving	% Daily Value
Phosphorus (as dicalcium phosphate)	24 mg	2%
Iodine (as potassium iodide)	150 mcg	100%
Zinc (as zinc gluconate)	5 mg	33%
Selenium (as selenium yeast)	10 mcg	14%
Copper (as copper gluconate)	1 mg	50%
Manganese (as manganese gluconate)	3 mg	150%
Chromium (as chromium amino acid chelate)	15 mcg	13%
Potassium (as potassium chloride)	5 mg	<1%
Inositol	8 mg	•
PABA (para-aminobenzoic acid)	80 mg	•
Glutamic Acid HCl	25 mg	•
Mega Bioflavonoid Blend	13.5 mg	•
Rutin Concentrate		
Hesperidin Concentrate		
Citrus Bioflavonoids Concentrate		
Choline Bitartrate	80 mg	•
Stearine HCl	20 mg	•

*Daily Value not established.

Other Ingredients: Cellulose, stearic acid and silica.

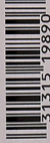
Our own laboratory analysis guarantees purity and freshness of all Thompson[®] products.

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Comments or Questions:

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