

Suggested Use: Take 2 softgels once daily, preferably with a meal, as a dietary supplement, or as directed by a physician. If you have never taken bee products, start with a small serving per day and increase gradually in order to assess whether you are allergic.

Warning: If you are taking any medications or are pregnant or nursing do not use prior to consulting a physician. **Note*** Women who are pregnant or may become pregnant are recommended not to exceed 5,000 IU of Vitamin A per day.

Other Ingredients: Gelatin, Soybean Oil, Vegetable Glycerin, **Contains <2% of:** Natural Caramel Color, Titanium Dioxide, Color, Mannitol, Purified Water. Contains: Soy and fish (cod, haddock, pollock, shark).

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

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 in a dry, cool place.

KEEP OUT OF REACH OF CHILDREN

Any Questions? 1-800-644-8327

Website: www.botanicchoice.com

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



Mega Multi Vitamin™

Total Health Support*

60 Softgels

Dietary Supplement

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 30

Amount Per Serving	% DV **	Amount Per Serving	% DV**
Calories	15	Iodine (as Kelp)	150 mcg 100%
Calories from Fat	10	Magnesium (as Magnesium Oxide)	50 mg 13%
Total Fat	1 g 2%	Zinc (as Zinc Citrate)	15 mg 100%
Total Carbohydrates	1 g <1%	Selenium (as Selenium Yeast)	25 mcg 36%
Protein	<1 g 2%	Copper (as Copper Gluconate)	2 mg 100%
Vitamin A (as Fish Liver Oil and 40% Beta-Carotene)	10,000 IU 200%	Manganese (as Manganese Sulfate)	10 mg 500%
Vitamin C (as Ascorbic Acid and Rose Hips)	300 mg 500%	Chromium (as Chromium Picolinate)	3 mcg 3%
Vitamin D (as Fish Liver Oil)	400 IU 100%	Potassium (as Potassium Citrate)	30 mg 1%
Vitamin E (as d-Alpha Tocopherol plus Beta, Gamma and Delta Tocopherols)	300 IU 1,000%	Garlic Oil (Allium sativum) (bulb)	135 mg †
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg 3,333%	Soy Lecithin	80 mg †
Riboflavin (Vitamin B-2)	50 mg 2,941%	Choline Bitartrate	50 mg †
Niacin (as Niacinamide)	50 mg 250%	PABA (Para-Aminobenzoic Acid)	50 mg †
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2,500%	Citrus Bioflavonoid (Citrus sinensis) (fruit)	30 mg †
Folic Acid	400 mcg 100%	Rutin	10 mg †
Vitamin B-12 (as Cyanocobalamin)	50 mcg 833%	Royal Jelly	5 mg †
Biotin (as d-Biotin)	50 mcg 17%	RNA (Ribonucleic Acid)	2 mg †
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg 500%	DNA (Deoxyribonucleic Acid)	2 mg †
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	200 mg 20%	Boron (as Boron Amino Acid Chelate)	1 mg †
Iron (as Ferrous Fumarate)	15 mg 83%	Coenzyme Q-10	100 mcg †
Phosphorous (as Dicalcium Phosphate)	50 mg 5%	Inositol	50 mcg †
		Octacosanol	10 mcg †



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

† Daily Value not established.