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AMERICAN HEALTH

NUTRI-MEGA

Part No. 22-00281

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 30

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

OTHER INGREDIENTS: Gelatin, Soybean Oil, Vegetable, Glycerin, Caramel Color, Titanium Dioxide Color.

Contains soy and fish (haddock, cod, pollock, shark) ingredients.

Prod. No. 281

DIRECTIONS: For adults, take two (2) softgels daily, preferably with a meal. 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.

No Gluten, No Wheat, No Milk or Milk Derivatives, No Lactose, No Egg, No Grapefruit, No Sugar, No Preservatives, No Artificial Flavor, No Sodium.

WARNING: If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Avoid this product if you have Wilson's disease or are allergic to yeast, bees or bee products. Discontinue use and consult your doctor if any adverse reactions occur.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **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. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

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



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DIETARY SUPPLEMENT
with
ANTIOXIDANTS*



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