

Since 1972

p-Aminobenzoic Acid (PABA)	83 mg	*
Inositol	13 mg	*
Coenzyme Q10	3.3 mg	*
L-Cysteine HCl	250 mg	*
L-Methionine	58 mg	*
*Daily Value not established		

Other Ingredients: Cellulose (plant fiber), stearic acid (vegetable), magnesium stearate (vegetable), citrus bioflavonoids, rutin, magnesium silicate, silicon dioxide (powdered silica), adrenal substance, spleen substance, thymus substance, cod liver oil (from fish), Ginkgo leaf (*Ginkgo biloba*), Hawthorn berries (*Crataegus laevigata*, *C. monogyna*).

GUARANTEED PURE Circulatory System Support

RECOMMENDATION: Begin by taking one tablet twice daily for one week. Then take two tablets twice daily for the second week. Gradually increase to four tablets with a meal twice daily. Maintain this level for three to four months. Then gradually taper off in a similar manner.

WARNING: If pregnant, or planning pregnancy, daily vitamin A intake should not exceed 5,000 IU. Quantities in excess of 10,000 IU may result in reproductive hazards, or birth defects. Beta-carotene as a natural plant source of vitamin A poses no such risk.

Warning: This bottle contains enough iron to harm a child. Close lid tightly and keep out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

For optimum freshness, refrigerate after opening.

This bottle was sealed for your protection. Do not use if inner seal is missing or damaged. Nature's Sunshine uses natural source materials in its products that are subject to color variation.

Product of U.S.A.



MEGA-CHEL®

Vitamin, Mineral, and Herbal Supplement with other nutrients

Dietary Supplement
120 TABLETS

Stock No. 4201-8
NATURE'S SUNSHINE PRODUCTS, INC.
Spanish Fork, Utah 84660 1-800-223-8225
www.naturessunshine.com ©2011

Supplement Facts

Serving Size 4 Tablets
Servings Per Container 30

Amount Per 4 Tablets	%Daily Value
Vitamin A (palmitate, beta-carotene)	13,332 IU 267%
Vitamin C (ascorbic acid)	1,332 mg 2,220%
Vitamin D ₃ (cholecalciferol)	216 IU 54%
Vitamin E (d-alpha tocopherol)	133 IU 443%
Thiamin (B ₁ , thiamine mononitrate)	66 mg 4,400%
Riboflavin (B ₂)	16 mg 941%
Niacin (niacinamide)	33 mg 165%
Vitamin B ₆ (pyridoxine HCl)	50 mg 2,500%
Folic Acid	133 mcg 33%
Vitamin B ₁₂ (cyanocobalamin)	83 mcg 1,383%
Biotin	33 mcg 11%
Pantothenic Acid (d-calcium pantothenate)	166 mg 1,660%
Calcium (amino acid chelate, di-calcium phosphate, d-calcium pantothenate)	133 mg 13%
Iron (ferrous fumarate)	3.2 mg 18%
Phosphorus (di-calcium phosphate)	96 mg 10%
Iodine (potassium iodide)	42 mcg 28%
Magnesium (amino acid chelate, oxide)	133 mg 33%
Zinc (gluconate, oxide)	10 mg 67%
Selenium (amino acid chelate)	84 mcg 120%
Copper (gluconate)	84 mcg 4%
Manganese (amino acid chelate)	1.6 mg 80%
Chromium (amino acid chelate)	66 mcg 55%
Potassium (gluconate)	133 mg 4%

LOT:
Full Potency Through: