

Manufactured for: EnergyFirst
1140 Highland Ave., Ste. 100
Manhattan Beach, CA 90266
www.energyfirst.com

Amount Per Serving	% Daily Value	
Manganese (from manganous carbonate, chelate**)	7 mg	350%
Chromium (from chromium picolinate)	25 mcg	20%
Molybdenum (from sodium molybdate)	15 mcg	20%
Potassium (from potassium chloride, chelate**)	10 mg	†
Inositol	50 mg	*
Lemon bioflavonoid complex	25 mg	*
Choline (as choline bitartrate)	25 mg	*
Betaine HCl	25 mg	*
Glutamic Acid HCl	18 mg	*
Hesperidin	25 mg	*
Rutin	25 mg	*

* Daily Value not established. **Amino acid chelate.
† Contains less than 2% of the Daily Value of this nutrient.

Other Ingredients: Stearic acid (vegetable source), cellulose, magnesium stearate (vegetable source), silica, glycerin.

To report a serious adverse event, call 1-888-710-0006



DIETARY SUPPLEMENT 30 TABLETS

ENERGYFIRST

ENERGYONE

COMPLETE MEGA
MULTIVITAMIN

Supplement Facts

Serving Size 1 Tablet

Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin A (as beta-carotene)	5,000 IU	100%
Vitamin C (as niacinamide ascorbate)	250 mg	420%
Vitamin D3 (as cholecalciferol)	600 IU	150%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	330%
Thiamin (as thiamin HCl)	100 mg	6670%
Riboflavin	100 mg	5880%
Niacin (as niacinamide ascorbate)	100 mg	500%
Vitamin B6 (as pyridoxine HCl)	100 mg	5000%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	100 mcg	1670%
Biotin	85 mcg	28%
Pantothenic Acid (as calcium pantothenate)	100 mg	1000%
Calcium (from dibasic calcium phosphate, carbonate, pantothenate, chelate**)	58 mg	6%
Iron (from ferrous fumarate, chelate**)	18 mg	100%
Phosphorus (from dibasic calcium phosphate)	30 mg	20%
Iodine (from potassium iodide)	225 mcg	150%
Magnesium (from magnesium oxide, citrate)	40 mg	10%
Zinc (from zinc gluconate, oxide)	15 mg	100%
Selenium (from L-selenomethionine)	50 mcg	70%
Copper (from copper gluconate, chelate**)	2 mg	100%

Suggested Use: Take one (1) tablet daily with food.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish, or fish.

Note: If you are pregnant or lactating, consult a health care professional before using this product. **Keep out of reach of children.** Store in a cool, dry place. Do not use this product if the safety seal on the bottle is broken.

†† 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.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison center immediately.

Made in the USA

VL 508-30S