

Also available in
90 & 180 count

Mega I Daily

with chelated minerals

IRON-FREE

multi-vitamin supplement

60 VEGETARIAN CAPSULES



Supplement Facts

Serving Size: 1 Vegetarian Capsule

Amount Per Serving	%DV*	Amount Per Serving	%DV*
Vitamin A.....10,000 IU.....200		Copper (amino acid chelate).....0.12 mg.....6	
(palmitate and 25% (2,500 IU) as beta carotene)		Manganese (citrate).....4 mg.....200	
Vitamin C (ascorbic acid).....125 mg.....208		Chromium (amino acid chelate).....50 mcg.....41	
Vitamin D (ergocalciferol).....200 IU.....50		Molybdenum (amino acid chelate).....12 mcg.....16	
Vitamin E (natural d-alpha-tocopherol).....30 IU.....100		Potassium (chloride and citrate).....10 mg.....<1	
Thiamin (thiamin HCl).....50 mg.....3,333		Inositol.....50 mg.....*	
Riboflavin.....50 mg.....2,941		PABA (para-aminobenzoic acid).....50 mg.....*	
Niacinamide.....50 mg.....250		Choline (from 50 mg choline bitartrate).....23 mg.....*	
Vitamin B6 (from 61 mg pyridoxine HCl).....50 mg.....2,500		Betaine HCl.....12 mg.....*	
Folic Acid.....200 mcg.....50		Glutamic Acid HCl.....12 mg.....*	
Vitamin B12 (cyanocobalamin).....50 mcg.....833		Rutin.....12 mg.....*	
Biotin.....50 mcg.....16		Citrus Bioflavonoid Complex.....12 mg.....*	
Pantothenic Acid.....50 mg.....500		Hesperidin (lemon).....2 mg.....*	
(from 54 mg d-calcium pantothenate)		Chlorophyll.....1 mg.....*	
Calcium (amino acid chelate).....25 mg.....2		Proprietary Herbal Base.....5 mg.....*	
Iodine (from Laminaria digitata).....75 mcg.....50			
Magnesium (amino acid chelate, oxide).....20 mg.....5			
Zinc (citrate).....7 mg.....46			
Selenium (amino acid chelate).....50 mcg.....71			

† - % Daily Value * - Daily Value Not Established

Other Ingredients: Vegetable cellulose (preservative-free, from capsule shell), magnesium trisilicate, silica, and magnesium stearate.
NO salt, yeast, wheat, milk & egg products, sugar, starch, or preservatives.
One capsule daily, preferably with meals.

PR 625

