

Also available in
60 and 180 count

Mega II Daily

multi-vitamin supplement
with chelated minerals

90 VEGETARIAN CAPSULES



Supplement Facts

Serving Size: 2 Vegetarian Capsules
Servings Per Container: 45

Amount Per Serving	%DV*	Amount Per Serving	%DV*
Vitamin A (palmitate and 25% (5,000 IU) as beta carotene)	20,000 IU 400	Selenium (amino acid chelate)	100 mcg 142
Vitamin C (ascorbic acid)	250 mg 416	Copper (amino acid chelate)	0.25 mg 12
Vitamin D (ergocalciferol)	400 IU 100	Manganese (citrate)	8 mg 400
Vitamin E (natural d, alpha-tocopherol)	60 IU 200	Chromium (amino acid chelate)	100 mcg 63
Thiamin (thiamin HCl)	100 mg 6,666	Molybdenum (amino acid chelate)	25 mcg 33
Riboflavin	100 mg 5,882	Potassium (chloride and citrate)	20 mg <1
Niacinamide	100 mg 500	Inositol	100 mg *
Vitamin B6 (from 122 mg pyridoxine HCl)	100 mg 5,000	PABA (para-aminobenzoic acid)	100 mg *
Folic Acid	400 mcg 100	Choline (from 100 mg choline bitartrate)	46 mg *
Vitamin B12 (cyanocobalamin)	100 mcg 1,666	Betaine HCl	25 mg *
Biotin	100 mcg 33	Glutamic Acid HCl	25 mg *
Pantothenic Acid (from 109 mg d-calcium pantothenate)	100 mg 1,000	Rutin	25 mg *
Calcium (amino acid chelate)	50 mg 5	Citrus Bioflavonoid Complex	25 mg *
Iron (amino acid chelate)	18 mg 100	Hesperidin	4 mg *
Iodine (from Laminaria digitata)	150 mcg 100	Chlorophyll	2 mg *
Magnesium (amino acid chelate, oxide)	40 mg 10	Proprietary Herbal Base	10 mg *
Zinc (citrate)	15 mg 100		

* - % Daily Value * - Daily Value Not Established

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

WARNING: Each serving contains over 10,000 I.U. Vitamin A (retinol). Large amounts of retinol are known to cause birth defects.

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 control center immediately.

PR 616

