

Also available  
in 180 count

# Mega II Daily

IRON-FREE

multi-vitamin supplement

60 VEGETARIAN CAPSULES



## Supplement Facts

Serving Size: 2 Vegetarian Capsules

Servings Per Container: 30

| Amount Per Serving                                           | %DV* | Amount Per Serving                                                     | %DV* |
|--------------------------------------------------------------|------|------------------------------------------------------------------------|------|
| Vitamin A.....20,000 IU.....400                              |      | Manganese (citrate).....8 mg.....400                                   |      |
| (palmitate and 25% (5,000 IU) as beta carotene)              |      | Chromium (amino acid chelate).....100 mcg.....80                       |      |
| Vitamin C (ascorbic acid).....250 mg.....418                 |      | Molybdenum (amino acid chelate).....25 mcg.....33                      |      |
| Vitamin D (ergocalciferol).....400 IU.....100                |      | Potassium (chloride and citrate).....20 mg.....<1                      |      |
| Vitamin E (natural d, alpha-tocopherol).....60 IU.....200    |      |                                                                        |      |
| Thiamin (thiamin HCl).....100 mg.....5,668                   |      | Inositol.....100 mg.....*                                              |      |
| Riboflavin.....100 mg.....5,882                              |      | PARA (para-aminobenzoic acid).....100 mg.....*                         |      |
| Niacinamide.....100 mg.....500                               |      | Choline (from 100 mg choline bitartrate).....48 mg.....*               |      |
| Vitamin B6 (from 122 mg pyridoxine HCl).....100 mg.....5,000 |      | Betaine HCl.....25 mg.....*                                            |      |
| Folic Acid.....400 mcg.....100                               |      | Glutamic Acid HCl.....25 mg.....*                                      |      |
| Vitamin B12 (cyanocobalamin).....100 mcg.....1,668           |      | Rutin.....25 mg.....*                                                  |      |
| Biotin.....100 mcg.....33                                    |      | Citrus Bioflavonoid Complex.....25 mg.....*                            |      |
| Pantothenic Acid.....100 mg.....1,000                        |      | Hesperidin (lemon).....5 mg.....*                                      |      |
| (from 108 mg d-calcium pantothenate)                         |      | Chlorophyll.....2 mg.....*                                             |      |
| Calcium (amino acid chelate).....50 mg.....5                 |      | Proprietary Herbal Base.....10 mg.....*                                |      |
| Iodine (from Laminaria digitata).....150 mcg.....100         |      |                                                                        |      |
| Magnesium (amino acid chelate, oxide).....40 mg.....10       |      | Proprietary Herbal Base contains: alfalfa, rice polish, rose hips, and |      |
| Zinc (citrate).....15 mg.....100                             |      | watermelon.                                                            |      |
| Selenium (amino acid chelate).....100 mcg.....142            |      |                                                                        |      |
| Copper (amino acid chelate).....0.25 mg.....12               |      |                                                                        |      |

\* - % 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.

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.

PR 647

