

Also available in
60 and 180 count

Mega I Daily

multi-vitamin supplement
with chelated minerals

90 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		
Riboflavin.....	50 mg.....2,941	Inositol.....	50 mg.....*
Niacinamide.....	50 mg.....250	PABA (para-aminobenzoic acid).....	50 mg.....*
Vitamin B6 (from 61 mg pyridoxine HCl).....	50 mg.....2,500	Choline (from 50 mg choline bitartrate).....	23 mg.....*
Folic Acid.....	200 mcg.....50	Betaine HCl.....	12 mg.....*
Vitamin B12 (cyanocobalamin).....	50 mcg.....833	Glutamic Acid HCl.....	12 mg.....*
Biotin.....	50 mcg.....16	Rutin.....	12 mg.....*
Pantothenic Acid.....	50 mg.....500	Citrus Bioflavonoid Complex.....	12 mg.....*
(from 54 mg d-calcium pantothenate)		Hesperidin.....	2 mg.....*
Calcium (amino acid chelate).....	25 mg.....2	Chlorophyll.....	1 mg.....*
Iron (amino acid chelate).....	9 mg.....50	Proprietary Herbal Base.....	5 mg.....*
Iodine (from Laminaria digitata).....	75 mcg.....50		
Magnesium (amino acid chelate, oxide).....	20 mg.....5	Proprietary Herbal Base contains: alfalfa, pansy, rose polish, rose hips, and watercress.	
Zinc (citrate).....	7 mg.....46		
Selenium (amino acid chelate).....	50 mcg.....71		

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.

One capsule daily, preferably with meals, as a dietary supplement.

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 619

