PABA (para-aminobenzoic acid)	25 mg	-
Royal Jelly	2.5 mg	
Choline Bitartrate	25 mg	
Inositol	25 mcg	
Garlic Oil	67.5 mg	
Lecithin	40 mg	
Octacosanol	5 mcg	
RNA	1 mg	
DNA	1 mg	
Coenzyme Q-10	50 mcg	-

SUGGESTED USE: As a dietary supplement, adults 1 - 2 softgels daily with a meal or as directed by a health professional.

Keep out of reach of children.

OTHER INGREDIENTS: Soybean oil, gelatin, glycerin, caramel color, mannitol, titanium dioxide color.

380277 EXP.09/2014



Lindon, UT 84042

For Consumer Information

Bronson Laboratories Made in USA Call 1-800-235-3200 Lot No/ Use By:



No. 542B

## Mega Multi Softcaps™

**Dietary Supplement** 

150 SOFTGELS

## **Supplement Facts**

Amount Per Serving		aily Value
Calories	2.5	
Calories from fat	2.5	
Total Fat	0.25 g	< 1%
Vitamin A (as fish liver oil and 40% beta caroten	5000 IU	100%
Vitamin C (as ascorbic acid and rose hips)	150 mg	250%
Vitamin D (as fish liver oil)	200 IU	50%
Vitamin E	150 IU	500%
(as d-alpha tocopherol plus beta gamma and d	leita tocopherois)	
Thiamin (vitamin B-1) (as thiamine monoitrate	25 mg	1666%
Riboflavin (vitamin B-2)	25 mg	1470%
Niacin (as niacinamide)	25 mg	125%
Vitamin B-6 (as pyridoxine hydrochloride)	25 mg	1250%
Folic Acid	200 mcg	50%
Vitamin B-12 (as cyanocobalamin)	25 mcg	416%
Biotin (as d-biotin)	25 mcg	8%
Pantothenic Acid (as d-calcium Pantothenate)	25 mg	250%
Calcium	100 mg	10%
(as calcium carbonate and dicalcium pho	osphate)	1.010404
Iron (as ferrous fumarate)	7.5 mg	42%
Phosphorus (as dicalcium phosphate)	25 mg	3%
lodine (as kelp)	75 mcg	50%
Magnesium (as magnesium oxide)	25 mg	7%
Zinc (as zinc citrate)	7.5 mg	50%
Selenium (as selenium yeast)	12.5 mcg	18%
Copper (as copper gluconate)	1 mg	50%
Manganese (as manganese sulfate)	5 mg	250%
Chromium (as chromium picolinate)	1.5 mcg	1%
Potassium (as potassium citrate)	15 mg	< 1%
Boron (as boron amino acid chelate)	0.5 mg	•
Rutin (dimorphandra mollis) (fruit)	5 mg	*
Citrus Bioflavonoids (citrus sinensis) (frui	t) 15 mg	