Product Information

Mega Vita-Min S.R.



Description:	One tablet, sustained release
Item#:	76013
Size:	30ct
Suggested Retail Price:	$10.99
Directions:	As a dietary supplement, take 1 tablet daily with a meal or a glass of water.
Serving Size:	1 Tablet 30 Servings per container

Ingredients:	Amount per serving:	% Daily Value: +
Magnesium (as Magnesium Oxide, Magnesium AAC)	25 mg	6%
Calcium (as Calcium Carbonate, Calcium AAC)	50 mg	5%
Vitamin C Support Base: Bioflavonoid Concentrate (from Lemon [Citrus limonium]), Rose Hips (Rosa canina), Hesperidin Concentrate from Lemon [Citrus limonium]), Lime [Citrus acida] and Grapefruit [Citrus paradisi])	40 mg	~
Biotin	75 mcg	25%
Selenium (as l-Selenomethionine)	10 mcg	14%
Copper (as Copper AAC)	250 mcg	13%
Potassium (as Potassium Proteinate)	10 mg	~

Rutin	25 mg	~
Glutamic Acid HCl	25 mg	~
Betaine HCl	25 mg	~
PABA (para-Aminobenzoic Acid)	75 mg	~
Inositol	75 mg	~
Choline Bartartrate	75 mg	~
Chromium (as Chromium AAC)	15 mcg	83%
Pantothenic Acid (as d-Calcium Pantothenate)	75 mg	750%
Iron (as Iron AAC)	10 mg	56%
Vitamin B-1 (as Thiamine HCl)	75 mg	5000%
Vitamin E (as d-Alpha Tocopheryl Acetate)	150 IU	500%
Vitamin A (from Natural Retinyl Palmitate and 60% as Beta Caroten)	25,000 IU	500%
Riboflavin (Vitamin B-2)	75 mg	4412%
Vitamin C (as Ascorbic Acid)	250 mg	417%
Vitamin B-6 (as Pyridoxine HCl)	75 mg	3750%
Niacin (as Niacinamide)	75 mg	375%
Manganese (as Manganese AAC)	6 mg	300%
Iodine (from Kelp [Fucus vesiculosus])	225 mcg	150%
Vitamin B-12 (as Cobalamin Concentrate)	75 mcg	1250%
Zinc (as Zinc AAC)	15 mg	100%
Vitamin D (as Natural Cholecalciferol)	400 IU	100%
Folate (as Folic Acid)	400 mcg	100%

Key to Ingredients:
~ = Daily Value not established.
+ = Percent Daily Value is based on a 2,000 calorie diet.
† = Values differ depending on age
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Other Ingredients:	Cellulose, stearic acid, Natural Base (Alfalfa [Medicago sativa], lecithin, Parsley [Petroselinum crispum], Montmorillonite clay), glycerol stearate and maltodextrin
Other:	See product label for more information.

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