

**Suggested Use:** Take 2 softgels once daily, preferably with a meal, as a dietary supplement or as directed by a physician. If you have never taken bee products, start with a small serving per day and increase gradually in order to assess whether you are allergic.

**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. **Note\*** Women who are pregnant or may become pregnant are recommended not to exceed 5,000 IU of Vitamin A per day.

\*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Contains: Soy, yeast, and fish (cod, haddock, pollock, shark)

Distributed by: Indiana Botanic Gardens, Inc.

3401 W. 37th Ave. Hobart, IN 46342

For your protection, this container has an outer safety seal.

(Do not accept if missing or broken.)

Best if used by date on bottle. Store at room temperature.

**KEEP OUT OF REACH OF CHILDREN**

Any Questions? 1-800-644-8327

Website: [www.botanicchoice.com](http://www.botanicchoice.com)

Lot# 6074130 3-2014



Dietary Supplement

30 Softgels

Total Health Support\*

Vitamin™  
Multi  
Mega

## Supplement Facts

Serving Size 2 Softgels  
Servings per Container 15

Amount Per Serving	% DV**	Amount Per Serving	% DV**
Calories	15	Iodine (as Kelp)	150 mcg 100%
Calories from Fat	10	Magnesium (as Magnesium Oxide)	50 mg 13%
Total Fat	1 g 2%	Zinc (as Zinc Citrate)	15 mg 100%
Total Carbohydrates	1 g <1%	Selenium (as Selenium Yeast)	25 mcg 36%
Protein	<1 g 2%	Copper (as Copper Gluconate)	2 mg 100%
Vitamin A (as Fish 10,000 IU Liver Oil and 40% Beta-Carotene)	200%	Manganese (as Manganese Sulfate)	10 mg 500%
Vitamin C (as Ascorbic Acid and Rose Hips)	300 mg 500%	Chromium (as Chromium Picolinate)	3 mcg 3%
Vitamin D (as Fish Liver Oil)	400 IU 100%	Potassium (as Potassium Citrate)	30 mg 1%
Vitamin E (as d-Alpha Tocopherol plus Beta, Gamma and Delta Tocopherols)	300 IU 1,000%	Garlic Oil ( <i>Allium sativum</i> ) (bulb)	135 mg †
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg 3,333%	Soy Lecithin	80 mg †
Riboflavin (Vitamin B-2)	50 mg 2,941%	Choline Bitartrate	50 mg †
Niacin (as Niacinamide)	50 mg 250%	PABA (Para-Aminobenzoic Acid)	50 mg †
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2,500%	Citrus Bioflavonoid ( <i>Citrus sinensis</i> ) (fruit)	30 mg †
Folic Acid	400 mcg 100%	Rutin	10 mg †
Vitamin B-12 (as Cyanocobalamin)	50 mcg 833%	Royal Jelly	5 mg †
Biotin (as d-Biotin)	50 mcg 17%	RNA (Ribonucleic Acid)	2 mg †
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg 500%	DNA (Deoxyribonucleic Acid)	2 mg †
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	200 mg 20%	Boron (as Boron Amino Acid Chelate)	1 mg †
Iron (as Ferrous Fumarate)	15 mg 83%	Coenzyme Q-10	100 mcg †
Phosphorous (as Dicalcium Phosphate)	50 mg 5%	Inositol	50 mcg †
		Octacosanol	10 mcg †

\*\* Percent Daily Values (DV) are based on a 2,000 calorie per day diet.

† Daily Value not established

**Other ingredients:** Gelatin, Soybean Oil, Vegetable Glycerin, **Contains <2% of:** Natural Caramel Color, Titanium Dioxide Color, Mannitol, Purified Water.