

**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:** If you are taking any medications or are pregnant or nursing do not use prior to consulting a physician. **Note\*** Women who are pregnant or may become pregnant are recommended not to exceed 5,000 IU of Vitamin A per day.

**Other Ingredients:** Gelatin, Soybean Oil, Vegetable Glycerin, **Contains <2% of:** Natural Caramel Color, Titanium Dioxide, Color, Mannitol, Purified Water. Contains: Soy and fish (cod, haddock, pollock, shark).

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

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 in a dry, cool place.

**KEEP OUT OF REACH OF CHILDREN**

Any Questions? 1-800-644-8327

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

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Distributed by: Indiana Botanic Gardens, Inc.  
3401 W. 37th Ave. Hobart, IN 46342



**Mega Multi  
Vitamin™**  
**Total Health  
Support\***  
**60 Softgels**  
**Dietary Supplement**

## Supplement Facts

Serving Size 2 Softgels

Servings Per Container 30

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

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

† Daily Value not established.

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