

VitaEnergy Mega Multi

Overview

The VitaEnergy Mega Multi is a comprehensive, high potency formula that provides essential vitamins and minerals needed for optimal health. In addition, VitaEnergy is formulated with other carefully selected nutrients to maximize its benefits. It combines a complete array of nutrients with one-a-day convenience. The minerals used in VitaEnergy are chelated with amino acids, which optimize absorption and bioavailability.

It is more important today than ever before to supplement with a good multivitamin to provide 'nutritional insurance'. The majority of Americans do not get the essential nutrients they need from diet alone; the average American diet consists primarily of fast or highly processed foods, with very little whole foods. In addition the pollutants, toxins, and stress we are assaulted with on a daily basis further deplete the body of vital nutrients. All of these factors make multi-vitamins essential to provide the body with the vitamins, minerals and nutrients it needs to stay healthy.

✧ If you are pregnant or lactating consult a health care practitioner prior to taking Complete One Multi-Vitamin.

*These statements have not been evaluated by the Food and Drug Administration

This information is not intended to diagnose, treat, imply cure or prevention of any disease.

Free of wheat, gluten, yeast, fish, egg, dairy and lactose. Contains no artificial colors, flavors or preservatives.

Supplement Facts					
Serving Size 1 tablet					
Amount Per Serving		% Daily Value	Amount Per Serving	% Daily Value	
Vitamin A	15,000 IU (as 83% beta-carotene, 17% palmitate)	300	Zinc	10mg (as zinc amino acid chelate)	67
Vitamin C	250mg (as ascorbic acid)	417	Selenium	25mcg (as selenomethionine)	36
Vitamin D	400IU (as cholecalciferol)	100	Copper	1mg (as copper amino acid chelate)	50
Vitamin E	150IU (as d-alpha tocopherol)	500	Manganese	1mg (as manganese amino acid chelate)	50
Thiamin	75mg (as thiamin mononitrate)	5000	Chromium	25mcg (as chromium amino acid chelate)	21
Riboflavin	75mg	4412	Molybdenum	27mcg (as molybdenum amino acid chelate)	36
Niacin	75mg (as niacinamide)	375	Potassium	1.8mg (as potassium amino acid chelate)	<2
Vitamin B6	75mg (as pyridoxine HCL)	3750	Inositol	75mg	*
Folate (folic acid)	400mcg	100	Para-aminobenzoic acid (PABA)	75mg	*
Vitamin B12	75mcg (as cyanocobalamin)	1250	Choline	31mg (as choline bitartrate)	*
Biotin	300mcg	100	Betaine (as betaine HCL)	25mg	*
Pantothenic Acid	75mg (as D-calcium pantothenate)	750	Citrus Bioflavonoids	25mg	*
Calcium	20mg (as mixed calcium complexes)	2	Rutin	25mg	*
Iron	1.3mg (as iron amino acid chelate)	7	Hesperidin	5mg	*
Iodine	159mcg (as potassium iodide)	106	Boron	500mcg (as boron amino acid chelate)	*
Magnesium	10mg (as magnesium amino acid chelate)	3	*Daily Value not established		

Other ingredients: Microcrystalline cellulose, dicalcium phosphate, stearic acid, silicon dioxide, croscarmellose sodium, calcium stearate, ethylcellulose.

Directions: Take 1 tablet daily with a meal.

Note: If you are pregnant or lactating, consult your health care practitioner before using this product. **Keep out of reach of children.** Store in a cool, dry place.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. **Keep out of reach children.** In case of accidental overdose, call a doctor or poison control center immediately