

Prod. No.  
2781



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NATURE'S BOUNTY®

# MEGA VM-80™

MULTIVITAMIN  
MULTIMINERAL  
SUPPLEMENT

60 TABLETS

Serving Size 1 tablet

Amount Per Serving		%Daily Value
Vitamin A (as Retinyl Palmitate)	8,000 I.U.	160%
Vitamin C (as Ascorbic Acid and Rose Hips)	250 mg	417%
Vitamin D (as Cholecalciferol)	400 I.U.	100%
Vitamin E (as d-Alpha Tocopheryl Acetate)	125 I.U.	416%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	80 mg	5,333%
Riboflavin (Vitamin B-2)	80 mg	4,706%
Niacin (as Niacinamide)	80 mg	400%
Vitamin B-6 (as Pyridoxine Hydrochloride)	80 mg	4,000%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	80 mcg	1,333%
Biotin	80 mcg	27%
Pantothenic Acid (as d-Calcium Pantothenate)	80 mg	800%
Calcium (as Calcium Carbonate)	8 mg	Less than 1%
Iron (as Ferrous Gluconate)	2 mg	11%
Iodine (as Kelp)	150 mcg	100%
Magnesium (as Magnesium Oxide)	6 mg	Less than 2%
Zinc (as Zinc Gluconate)	1.4 mg	9%
Selenium (as Sodium Selenate)	25 mcg	36%

**OTHER INGREDIENTS:** Cellulose (Plant Origin), Vegetable Stearic Acid, Croscarmellose, Silica, Vegetable Magnesium Stearate, Cellulose Coating, Starch, Alfalfa Leaf Powder, Watercress Powder, Parsley Leaves Powder, Rice Bran Extract, Lecithin, Mannitol.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

TAMPER RESISTANT: Do not use if imprinted seal under cap is broken.  
Visit us on the Web [www.NaturesBounty.com](http://www.NaturesBounty.com)

## Supplement Facts

Amount Per Serving		%Daily Value
Copper (as Copper Gluconate)	0.07 mg	4%
Manganese (as Manganese Gluconate)	0.12 mg	6%
Chromium (as Chromium Picolinate)	25 mcg	21%
Molybdenum (as Sodium Molybdate)	25 mcg	33%
Potassium (as Potassium Gluconate)	1.67 mg	Less than 1%
Boron (as Sodium Borate)	0.5 mg	*
Choline Bitartrate	80 mg	*
Inositol	80 mg	*
PABA (Para-Aminobenzoic Acid)	80 mg	*
Rutin ( <i>Dimorphandra mollis</i> ) (fruit)	30 mg	*
Citrus Bioflavonoid Complex ( <i>Citrus spp.</i> ) (fruit)	25 mg	*
Hesperidin Complex ( <i>Citrus aurantium</i> ) (fruit)	5 mg	*
Betaine Hydrochloride	25 mg	*
Coenzyme Q-10	500 mcg	*
Deodorized Garlic ( <i>Allium sativum</i> ) (bulb)	1 mg	*
Korean Ginseng ( <i>Panax ginseng</i> ) (root)	1 mg	*
Pycnogenol® ( <i>Pinus maritima</i> ) (bark)	500 mcg	*

\*Daily Value not established.

**DIRECTIONS:** For adults, take one (1) tablet daily, preferably with a meal. Pregnant or lactating women should consult a doctor before using any product.  
**Diabetics/Hypoglycemics:** Use only under a doctor's supervision because this product contains chromium which may enhance insulin sensitivity and may affect your blood glucose levels. Store in a cool, dry place.  
Pycnogenol® is a registered trademark of Horphag Research Limited and is protected by U.S. Patent #4,698,360.

📞 Nutrition Questions or Comments?  
Call NutraPhone® 1-800-433-2990  
Mon. - Fri. 9 AM - 7 PM ET



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