

**DIRECTIONS:** Adults take 1 capsule 2 times a day with meals. Use this product in conjunction with food as part of a healthy, balanced diet, not as a substitute for such.

Mega Daily One is our advanced multi-vitamin and mineral formula with 25 ingredients! It features a high-dose Vitamin B complex and Vitamin C, plus essential minerals including Magnesium, Selenium and Zinc. Vitamin C contributes to the normal function of the immune and nervous systems, and to the reduction of tiredness and fatigue. It also helps to maintain the normal function of the immune system during and after intense exercise (the beneficial effect is obtained with a daily intake of 200 mg in addition to the recommended daily intake of Vitamin C)! Vitamin B2 contributes to the maintenance of normal vision and normal red blood cells. Folate contributes to normal amino acid synthesis. Mega Daily One has 250% of the Recommended Daily Allowance of Vitamin D3! Vitamin D contributes to the maintenance of normal muscle and immune system function, and to the normal absorption/utilisation of calcium and phosphorus. Zinc contributes to normal fertility, reproduction and to the maintenance of normal testosterone levels, and also to normal macronutrient metabolism. Magnesium contributes to normal functioning of the nervous system: neurotransmission and muscle contraction including heart muscle; also to normal protein synthesis and to the maintenance of normal bones and teeth. Selenium contributes to normal spermatogenesis, to normal thyroid function and to the maintenance of normal hair, nails.

These statements have been scientifically proven and authorized by the European Food Safety Authority.

**WARNINGS:** Consult your doctor before use. Keep out of the reach of children!

**Allergen info:** Manufactured in a facility that processes milk, soy and egg proteins, and gluten, peanuts!

Store in a cool, dry place. Heat and sunlight may damage the bottle!

**Best before end:** see on packaging. **Batch number:** see on packaging.

Formulated by and manufactured for

**SCITEC NUTRITION®**

P.O. Box 431975, Miami, FL 33243, USA

Made in EU.

[www.ScitecNutrition.com](http://www.ScitecNutrition.com)

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**SCITEC  
NUTRITION®**

**MULTI VITAMIN & MINERAL**

**MEGA  
DAILY ONE**

**120 CAPSULES**

**FOOD SUPPLEMENT**

### Supplement Facts

Serving Size: 2 capsules

Serving per container: 60

Amount per serving	RDA%*		RDA%*
Vitamin A	2808 mcg 351%	Calcium	198 mg 25%
Vitamin B1 (Thiamine)	40 mg 3636%	Magnesium	100 mg 27%
Vitamin B2 (Riboflavin)	48 mg 3413%	Iron	13 mg 95%
Vitamin B3 (Niacin)	50 mg 310%	Zinc	10 mg 100%
Vitamin B5		Manganese	4.9 mg 244%
(Panthothenic Acid)	49 mg 813%	Copper	1.5 mg 150%
Vitamin B6 (Pyridoxine)	50 mg 3584%	Iodine	150 mcg 100%
Vitamin B7 (Biotin)	200 mcg 400%	Selenium	59 mcg 106%
Vitamin B9 (Folic Acid)	400 mcg 200%	Molybdenum	10 mcg 20%
Vitamin B12	100 mcg 4000%	Rutin	28 mg †
Vitamin C	250 mg 312%	Hesperidin	12 mg †
Vitamin D	12.5 mcg 250%	Inositol	10 mg †
Vitamin E	185 mg 1544%	Choline	9.7 mg †

\*RDA%: Percent of the Recommended Daily Allowance.

† RDA not established in the EU.

**Ingredients:** Calcium Carbonate, DL-Alpha Tocopheryl Acetate, Ascorbic Acid, Magnesium Oxide, Pyridoxine HCl, Calcium D-Pantothenate, Thiamine Mononitrate, Riboflavin, Nicotinamide, Ferrous Fumarate, Rutin, Zinc Sulphate Monohydrate, Choline Bitartrate, Vitamin A Acetate, D-Biotin, Carrier (Magnesium Stearate), Manganese Sulphate Monohydrate, Sodium Selenite, Hesperidin, Inositol, Cyanocobalamin, Copper II Sulphate Pentahydrate, Cholecalciferol, Folic Acid, Potassium Iodide, Sodium Molybdate Dihydrate, Gelatin (Capsules).

