

# MEGA MULTI

## **A Complete Multi-Vitamin Formula**

Almost every human being on the planet has a deficiency in minerals and vitamins. Our daily food and water no longer supplies us with the micro-nutrients that our bodies need. Supplementation provides an easy, fast, and effective way to reverse this growing trend.

Our bodies depend on a wide range of vitamins and minerals to maintain optimal levels of health. Vitamins A, B, C, D, and E are some of the common vitamins that are recognized by the U.S.R.D.I. (United States Recommended Daily Intakes). Calcium, Magnesium, Manganese, Copper, and Zinc are a few common minerals that are also recognized by the U.S.R.D.I.

With so many different Multi-Vitamin Formulas on the market today, how can I accurately decide between one or another? What makes each one different? Which is the best one to use?

### **First –**

Check the amounts of vitamins and minerals in each capsule or per recommended dose. Are there enough nutrients to supply your body what it needs in one or two capsules per day? Sometimes, multi-vitamin supplements require you to take up to 4 capsules – sometimes even twice a day!!! Who has to time to be constantly reminding yourself to take your vitamins? You want to take it once, forget about it, and let the supplement work its magic.

### **Second –**

Are the vitamin and mineral ingredients cheap substitutes or are they commonly-known names of high quality ingredients? Sometimes, supplements will be cut in quality, in order for certain retail prices to be met. An expensive vitamin or mineral will be substituted with a cheaper, less-effective “cousin” ingredient.

**Let's face it – these types of supplements are not worth your money!**

The best and most effective minerals available are classified as “Chelated Minerals”. Chelation refers to a complex compound, consisting of a central atom, attaching itself to a large molecule, thereby creating a stronger and more stable compound than a non-chelated compound. Chelated minerals are the most efficiently absorbed minerals available. Chelation also helps “carry” the minerals to deficient areas of the body.

### **Third –**

Is the Multi-Vitamin Supplement within a reasonable price? Does the company selling the Multi-Vitamin Supplement make you feel comfortable and concerned with your health? Or do you feel like you are being taken advantage of? Buying supplements should be easy and painless. Quality supplements can be easily attainable for almost any budget.

**HHN's Mega-Multi** is a complex blend of all your Vitamins A-E, combined with Chelated Minerals such as Calcium, Magnesium, Selenium, Copper, Zinc, Manganese, and many more. This special blend was formulated with the consumer's health in mind. While most Multiple-Vitamin Supplements on the market are in tablet form, HHN's Mega-Multi is uniquely formulated to fit into a quickly and easily digestible capsule, ready for optimal absorption into the body's cell walls.

A wide range of quality vitamins and minerals were combined to ensure that this formula targeted a wide range of deficiencies. Herbs such as Rosehips, Alfalfa, Kelp, and Wheatgrass were combined because of their natural vitamin and mineral qualities, which are not obtained from any other source. Cell Salts were also added to give this **Mega-Multi** formula that signature, homeopathic cellular balancing, ensuring the body maximum absorption levels.

**Mega-Multi can help your body feel normal again!**

**Have a better day, every day with HHN's Mega  
Multi!!!**

**(A great supplement to use in combination with the Mega Greens!)**

\*\* These statements have not been evaluated or approved by the FDA. \*\*

\*\* These statements are not intended to diagnose, treat, cure, or prevent any disease. \*\*

\*\* As always, check with your doctor or health care professional before taking these products. \*\*