



NATURE'S SUNSHINE

# Mega-Chel

Kosher

Halal

Non-GMO

GOOD FOR

Cardiovascular system

Heart

Blood

SIZE **120 tablets**

ITEM # **4201**

SERVING **1-4**

SUPPLY **30-50 days**

**DIRECTIONS FOR USE** Begin by taking 1 tablet twice daily for one week. Then take 1 tablet three times daily for the second week. Gradually increase to 4 tablets with meal once daily. Maintain this level for three to four months. Then gradually taper off in a similar manner. For optimum freshness, refrigerate after opening.

## — How the Key Ingredients Work

Mega-Chel brings together a broad team of vitamins, minerals, antioxidants, and botanicals — each chosen to support a specific job in the body, from keeping bones strong and blood healthy to helping your immune system stay sharp and your cells protected from everyday stress.

**Vitamin A** — Vitamin A helps your eyes adjust to low light and supports the health of your skin and the linings of your respiratory and digestive tracts. It also plays a role in keeping your immune defenses ready and contributes to the body's natural antioxidant protection, helping guard cells against everyday oxidative wear.

**Vitamin C** — One of the body's most important water-soluble antioxidants, vitamin C helps protect cells from oxidative stress, supports the production of collagen for healthy skin and connective tissue, and boosts the absorption of iron from food. Your adrenal glands rely on it heavily, especially during times of stress.

**Vitamin D** — Often called the sunshine vitamin, vitamin D works alongside calcium to keep bones and teeth strong. It also plays a meaningful role in immune balance — helping the body respond appropriately to everyday challenges — and adequate levels are linked to better overall mood and energy.

**Vitamin E** — Vitamin E is the body's premier fat-soluble antioxidant, working inside cell membranes to interrupt the chain reactions that damage fats and tissues. Research shows it helps protect red blood cells from oxidative damage and supports healthy arterial walls, particularly when combined with vitamin C.

**Calcium** — Calcium is the most abundant mineral in the body, and over 99 percent of it lives in your bones and teeth. Getting enough calcium daily is essential for maintaining bone density as you age, and it also supports normal muscle contractions and the nerve signals that keep your heart beating steadily.

**Magnesium** — Magnesium is involved in hundreds of reactions throughout the body, from producing energy in cells to relaxing muscles and supporting restful sleep. It helps regulate the body's stress response, supports healthy blood pressure, and research shows it can reduce arterial stiffness — a key marker of cardiovascular wellness.

**Zinc** — Zinc is a trace mineral that touches nearly every corner of health — immune function, skin clarity, hormone balance, and antioxidant defense. It is a key building block for the enzyme that neutralizes harmful free radicals in cells, and it plays a direct role in supporting healthy testosterone levels in men.

**Selenium** — Selenium is a trace mineral that powers some of the body's most important antioxidant enzymes, helping neutralize reactive oxygen species before they can damage cells and DNA. It also supports healthy thyroid function and has been studied for its role in maintaining a balanced immune response.

**Iron** — Iron is essential for making hemoglobin, the protein in red blood cells that carries oxygen from your lungs to every tissue in your body. Without enough iron, energy levels and exercise capacity can drop noticeably. Pairing iron with vitamin C, as this formula does, significantly improves how well the body absorbs it.

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