



MegaFood[®]

Fresh From Farm To Tablet[™]

Alpha-Teen[™]

Supports Optimal Health
& Well-Being*

90
TABLETS
30
SERVINGS

MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT

Supplement Facts

Serving Size 3 Tablets
Servings per Container 30

Amount per Serving % DV

• Vitamin A (beta carotene with carrot)	750 mcg RAE	83
• Vitamin C (ascorbic acid with organic orange)	80 mg	89
• Vitamin D3 (cholecalciferol with <i>S. cerevisiae</i>)	25 mcg	125
• Vitamin E (d-alpha tocopherol [sunflower] with organic brown rice)	20 mg	134
• Vitamin K (K1) (phytonadione with cabbage) ..	80 mcg	67
• Thiamin (B1) (thiamine HCl with <i>S. cerevisiae</i>)	5 mg	417
• Riboflavin (B2) (with organic brown rice)	5 mg	385
• Niacin (niacinamide with <i>S. cerevisiae</i>)	30 mg NE	188
• Vitamin B6 (pyridoxine HCl with <i>S. cerevisiae</i>)	6 mg	353
• Folate (folic acid with broccoli)	680 mcg DFE	170
(400 mcg folic acid)		
• Vitamin B12 (cyanocobalamin with <i>S. cerevisiae</i>)	15 mcg	625
• Biotin (with organic brown rice)	150 mcg	500
• Pantothenic Acid (d-calcium pantothenate with organic brown rice)	10 mg	200

Amount per Serving % DV

• Calcium (mineral bound <i>S. cerevisiae</i>)	100 mg	8
• Iron (mineral bound <i>S. cerevisiae</i>)	5 mg	28
• Iodine (mineral bound <i>S. cerevisiae</i>)	75 mcg	50
• Magnesium (mineral bound <i>S. cerevisiae</i>)	40 mg	10
• Zinc (mineral bound <i>S. cerevisiae</i>)	5 mg	45
• Selenium (mineral bound <i>S. cerevisiae</i>)	25 mcg	45
• Copper (mineral bound <i>S. cerevisiae</i>)	0.2 mg	22
• Manganese (mineral bound <i>S. cerevisiae</i>)	1 mg	43
• Chromium (GTF) (mineral bound <i>S. cerevisiae</i>)	60 mcg	171
• Molybdenum (mineral bound <i>S. cerevisiae</i>) ..	30 mcg	67
• Boron (mineral bound <i>S. cerevisiae</i>)	500 mcg	**
• Fruit Phenolic Blend (Organic Whole Orange, Organic Cranberry, Organic Blueberry)	39 mg	**

** % Daily Value (DV) not established

Other Ingredients: Cellulose, Stearic Acid, Silica,
Organic Brown Rice.

Suggested Use: 3 tablets daily. May be taken anytime
throughout the day, even on an empty stomach.

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.

• This MegaFood product is made with real food sourced from our trusted family farm partners, wholesome nutritional yeast and added nutrients. Each vitamin or mineral is paired with an ideal whole food using our unique process to deliver guaranteed potency and the benefit of health-promoting compounds present in the whole food itself. See how they're made at megafood.com/showme. Satisfaction guaranteed or your money back.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Made with Love by
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Lot#:
Best
Before: