



MegaFood®

Fresh From Farm To Tablet™

E & Selenium

Supports Optimal Health*

Supplement Facts

Serving Size 1 Tablet
Servings per Container 60

	Amount per Serving	%DV
Vitamin E (d-alpha tocopherol [sunflower] with organic brown rice)	33.5 mg	223
Selenium (mineral bound <i>S. cerevisiae</i>)	100 mcg	182

Nourishing Food & Herb Blend* 465 mg **
S. cerevisiae, Organic Brown Rice, Organic Ginger Root,
Organic Turmeric Root, Organic Parsley Leaf, Organic
Broccoli, Organic Oregano Leaf, Organic Rosemary Leaf,
Organic Carrot, Organic Spinach, Organic Beet Root

** % Daily Value (DV) not established

Other Ingredients: Cellulose, Silica, Stearic Acid.

Suggested Use: 1 tablet daily. May be taken anytime
throughout the day, even on an empty stomach.

MegaFood 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 MegaFood,
PO Box 5244, Manchester, NH 03108
megafood.com / 800.848.2542



F1244B

Rev: 25 04/17

Lot#: _____
Best Before: _____

ANTIOXIDANT
DIETARY SUPPLEMENT

