



# MegaFood®

*Fresh From Farm To Tablet™*

## E & Selenium

**Supports Optimal Health\***

**30 TABLETS  
30 SERVINGS**



**ANTIOXIDANT  
DIETARY SUPPLEMENT**

## Supplement Facts

**Serving Size 1 Tablet  
Servings per Container 30**

| 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](http://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,  
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