



MegaFood®

Fresh From Farm To Tablet™

Multi for Men 55+

Supports Health & Well-Being*



with Brown Rice, Carrots, Broccoli & Oranges

**MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT**

Supplement Facts

Serving Size 2 Tablets

Servings per Container 60

	Amount per Serving	% DV	
Vitamin A..... (beta carotene in carrot)	3500 IU	70	
Vitamin C..... (ascorbic acid in organic orange ^{††})	100 mg	167	
Vitamin D3..... (cholecalciferol in <i>S. cerevisiae</i>)	1000 IU	250	
Vitamin E... (mixed tocopherols [sunflower] in organic brown rice [†])	22 IU	73	
Vitamin B1..... (thiamine HCl in <i>S. cerevisiae</i>)	2.5 mg	167	
Vitamin B2.. (riboflavin 5'-phosphate sodium in organic brown rice [†])	3.5 mg	206	
Niacin..... (niacinamide in <i>S. cerevisiae</i>)	20 mg	100	
Vitamin B6..... (P5P in organic brown rice [†])	6 mg	300	
Folate..... (5-MTHF in broccoli)	200 mcg	50	
Vitamin B12..... (methylcobalamin in <i>S. cerevisiae</i>)	20 mcg	333	
Biotin..... (in organic brown rice [†])	300 mcg	100	
Pantothenic Acid... (calcium pantothenate in organic brown rice [†])	8 mg	80	
Zinc..... (rice amino acid chelate)	15 mg	100	
Selenium..... (mineral bound <i>S. cerevisiae</i>)	7.5 mcg	11	
Copper..... (mineral bound <i>S. cerevisiae</i>)	150 mcg	8	
Manganese..... (mineral bound <i>S. cerevisiae</i>)	1 mg	50	
Chromium..... (mineral bound <i>S. cerevisiae</i>)	120 mcg	100	
Molybdenum..... (mineral bound <i>S. cerevisiae</i>)	55 mcg	73	
Potassium..... (mineral bound <i>S. cerevisiae</i>)	3 mg	<1	
Choline..... (choline bitartrate)	200 mg	**	
Pumpkin Seed Extract.....	250 mg	**	

** % Daily Value (DV) not established

†† Uncle Matt's Organic † Lundberg Family Farms

Other Ingredients: Plant Cellulose, Silica, Stearic Acid.

Suggested Use: 2 tablets daily. May be taken anytime throughout the day, even on an empty stomach.

IRON, VITAMIN K &
IODINE FREE FORMULA

Tieraona Low Dog, M.D., an internationally recognized expert in integrative medicine, has long been an advocate for wholesome nutrition, a healthy lifestyle and the sensible use of effective, high quality, and environmentally conscious dietary supplements. "I have partnered with MegaFood to blend the best of science and nature to create multivitamins designed to truly fortify your life." - **Dr. Low Dog**



MegaFood has been improving lives since 1973. We start with whole foods from trusted farm partners to craft each of our FoodState Nutrients™, delivering authentic nutrition - far more than vitamins and minerals alone. See how they're made at megafood.com/showme

FoodState Nutrients™ are made with whole foods to provide essential vitamins and minerals that are easy-to-digest and gentle on the body, even when taken on an empty stomach.

Made with Love by MegaFood, PO Box 325, Derry, NH 03038
To learn more, visit megafood.com or call 800.848.2542

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* 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.



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Lot#: _____
Best Before: _____