



MegaFood®

Fresh From Farm To Tablet™

Men's One Daily

Supports Optimal
Health & Well-Being*

60
TABLETS
60
SERVINGS

MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Tablet
Servings per Container 60

	Amount per Serving	% DV
• Vitamin A (beta carotene with carrot)	375 mcg RAE	42
• Vitamin C (ascorbic acid with organic orange)..	60 mg	67
• Vitamin D3 (cholecalciferol with <i>S. cerevisiae</i>)	10 mcg	50
• Vitamin E (d-alpha tocopherol [sunflower] with organic brown rice)	10 mg	67
• Vitamin K (K1) (phytonadione with cabbage)....	32 mcg	27
• Thiamin (B1) (thiamine HCl with <i>S. cerevisiae</i>)...	4 mg	333
• Riboflavin (B2) (with organic brown rice)	3 mg	231
• Niacin (niacinamide with <i>S. cerevisiae</i>)	20 mg NE	125
• Vitamin B6 (pyridoxine HCl with <i>S. cerevisiae</i>) ...	3 mg	176
• 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)	120 mcg	400
• Pantothenic Acid (d-calcium pantothenate with organic brown rice)	10 mg	200
• Iodine (mineral bound <i>S. cerevisiae</i>)	60 mcg	40

Other Ingredients: Stearic Acid, Silica, Cellulose.

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

	Amount per Serving	% DV
• Zinc (mineral bound <i>S. cerevisiae</i>)	15 mg	136
• Selenium (mineral bound <i>S. cerevisiae</i>)	32 mcg	58
• Copper (mineral bound <i>S. cerevisiae</i>)	0.1 mg	11
• 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>) ...	20 mcg	44
• Boron (mineral bound <i>S. cerevisiae</i>)	500 mcg	**
Nourishing Food & Herb Blend*	83 mg	**
Organic Eleuthero Root, Fo-Ti Root, Organic Astragalus Root, Organic Ginger Root, Organic Nettle Leaf, Organic Schisandra Berry, • Fruit Phenolic Blend (Organic Whole Orange, Organic Cranberry, Organic Blueberry), Organic Dandelion Leaf, Organic Dandelion Root, Organic Shiitake Mushroom Mycelium		

** % Daily Value (DV) not established

IRON FREE FORMULA

Made with Love by MegaFood, PO Box 5244,
Manchester, NH 03108 • megafood.com / 800.848.2542

• This MegaFood product is made with real food sourced from our trusted family farm partners, wholesome nutritional yeast, added nutrients and carefully selected herbs. 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.



F1414B
Rev: 2 12/17
Best Before:
Lot#:

