



MegaFood
Fresh From Farm To Tablet™

Multi for Men 40+

Supports Health & Well-Being*

DOCTOR
**TIERAONA
LOW DOG, M.D.**
FORMULATED

**60
TABLETS
30
SERVINGS**

with Brown Rice, Carrots, Broccoli & Oranges

**MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT**

Supplement Facts

Serving Size 2 Tablets
Servings per Container 30

	Amount per Serving	% DV
Vitamin A	(beta carotene with carrot)	3500 IU 70
Vitamin C	(ascorbic acid with organic orange)	200 mg 333
Vitamin D3	(cholecalciferol with <i>S. cerevisiae</i>)	1000 IU 250
Vitamin E	(d-alpha tocopherol [sunflower] with organic brown rice)	30 IU 100
Vitamin K1/K2	(phytonadione/menaquinone-7 with cabbage)	60 mcg 75
Thiamin (B1)	(thiamine HCl with <i>S. cerevisiae</i>)	2 mg 133
Riboflavin (B2)	(riboflavin 5'-phosphate sodium with organic brown rice)	2 mg 118
Niacin	(niacinamide with <i>S. cerevisiae</i>)	20 mg 100
Vitamin B6	(P5P with organic brown rice)	6 mg 300
Folate	(L-5-MTHF with broccoli)	200 mcg 50
Vitamin B12	(methylcobalamin with <i>S. cerevisiae</i>)	12 mcg 200
Biotin	(with organic brown rice)	250 mcg 83
Pantothenic Acid	(d-calcium pantothenate with organic brown rice)	10 mg 100
Iodine	(mineral bound <i>S. cerevisiae</i>)	150 mcg 100
Zinc	(rice amino acid chelate)	15 mg 100
Selenium	(mineral bound <i>S. cerevisiae</i>)	50 mcg 71
Copper	(mineral bound <i>S. cerevisiae</i>)	150 mcg 8
Manganese	(mineral bound <i>S. cerevisiae</i>)	1.5 mg 75
Chromium (GTF)	(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>)	2 mg <1
Choline (choline bitartrate)		200 mg **

** % Daily Value (DV) not established

Other Ingredients: Silica, Stearic Acid, Cellulose.

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

MegaFood Multi for Men 40+ is formulated by award-winning integrative medical physician, Tieraona Low Dog, M.D., and contains a host of supportive FoodState Nutrients™, including vitamins C, E and D to help support your immune system.* FoodState® B vitamins support already healthy cardiovascular function, and choline supports healthy memory and cognitive function.*

* This MegaFood product is made with real food, 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.



We believe that the most nutritious food comes from healthy soils and valued farmers. Our goal is to work with farmers who share our commitment to organic and regenerative agriculture. megafood.com/farmers

* 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,
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Best Before: