

Certified



Corporation



MegaFood®

Fresh From Farm To Tablet™

Multi for Men

Supports Health & Well-Being*



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)	4000 IU	80
Vitamin C (ascorbic acid with organic orange)	200 mg	333
Vitamin D3 (cholecalciferol with <i>S. cerevisiae</i>)	800 IU	200
Vitamin E (d-alpha tocopherol [sunflower] with organic brown rice)	50 IU	167
Vitamin K1/K2 (phytonadione/menaquinone-7 with cabbage)	80 mcg	100
Thiamin (B1) (thiamine HCl with <i>S. cerevisiae</i>)	1.8 mg	120
Riboflavin (B2) (riboflavin 5'-phosphate sodium with organic brown rice)	2.1 mg	124
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)	100 mcg	25
Vitamin B12 (methylcobalamin with <i>S. cerevisiae</i>)	12 mcg	200
Biotin (with organic brown rice)	300 mcg	100
Pantothenic Acid (d-calcium pantothenate with organic brown rice)	8 mg	80
Iodine (mineral bound <i>S. cerevisiae</i>)	150 mcg	100
Zinc (rice amino acid chelate)	22.5 mg	150
Selenium (mineral bound <i>S. cerevisiae</i>)	70 mcg	100
Copper (mineral bound <i>S. cerevisiae</i>)	150 mcg	8
Manganese (mineral bound <i>S. cerevisiae</i>)	2 mg	100
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 is formulated by award-winning integrative medical physician, Tieraona Low Dog, M.D., and contains a host of supportive FoodState Nutrients™, including B vitamins to support healthy energy function and nervous system health, plus choline, to support healthy 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:
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