



MegaFood
Fresh From Farm To Tablet™

Multi for Men

Supports Health & Well-Being*



with Brown Rice, Carrots, Broccoli & Oranges

**MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT**

To learn about our seals, please visit megafood.com/standards.



Supplement Facts

Serving Size 2 Tablets
Servings per Container 60

	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:
Lot#: