

Certified



Corporation



**MegaFood**  
Fresh From Farm To Tablet™

**Multi for Men 55+**

**Supports Health & Well-Being\***

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

**120**  
TABLETS  
**60**  
SERVINGS

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 with carrot)	3500 IU	70
Vitamin C ..... (ascorbic acid with organic orange)	100 mg	167
Vitamin D3 ..... (cholecalciferol with <i>S. cerevisiae</i> )	1000 IU	250
Vitamin E ... (d-alpha tocopherol [sunflower] with organic brown rice)	22 IU	73
Thiamin (B1) ..... (thiamine HCl with <i>S. cerevisiae</i> )	2.5 mg	167
Riboflavin (B2) (riboflavin 5'-phosphate sodium with organic brown rice)	3.5 mg	206
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> )	20 mcg	333
Biotin ..... (with organic brown rice)	300 mcg	100
Pantothenic Acid .... (d-calcium pantothenate with 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 (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> )	3 mg	<1
Choline (choline bitartrate) .....	200 mg	**
Green Tea Leaf Extract.....	125 mg	**
Pumpkin Seed Extract .....	125 mg	**

\*\* % Daily Value (DV) not established

**Other Ingredients:** Cellulose, Silica, Stearic Acid.

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

MegaFood Multi for Men 55+ is formulated by award-winning integrative medical physician, Tieraona Low Dog, M.D., and contains a blend of FoodState Nutrients™. Vitamin D helps support an already healthy mood and bones, and choline helps maintain normal cognitive function.\* Pumpkin seed and zinc are included to nourish a healthy prostate.\*

• 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](http://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](http://megafood.com/farmers)

IRON, VITAMIN K & IODINE FREE FORMULA

\* 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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Lot#:  
Best  
Before:

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