



*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.

MegaFood®
Fresh From Farm To Tablet™

Men Over 55 One Daily

**Supports Optimal
Health & Well-being***

**120
TABLETS**

**120
SERVINGS**

**MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT**

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

Supplement Facts

Serving Size 1 Tablet Servings per Container 120

Amount per Serving	% DV	Amount per Serving	% DV
Vitamin A (as beta carotene with carrot) [†] 180 mcg RAE	20%	Biotin (as biotin with organic brown rice) [†] 50 mcg	167%
Vitamin C (as ascorbic acid with organic orange) [†] 90 mg	100%	Pantothenic Acid (as d-calcium pantothenate with organic brown rice) [†] 5.5 mg	110%
Vitamin D3 (as fermented cholecalciferol) 40 mcg	200%	Iodine (as fermented iodine glycinate) 80 mcg	53%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) [†] 8 mg	53%	Zinc (as zinc bisglycinate) 12 mg	109%
Vitamin K (as phytonadione with cabbage) [†] 80 mcg	67%	Selenium (as fermented selenium glycinate) 40 mcg	73%
Thiamin (as thiamine hydrochloride with <i>S. cerevisiae</i>) [†] 1.2 mg	100%	Manganese (as fermented manganese bisglycinate) 2 mg	87%
Riboflavin (as riboflavin with organic brown rice) [†] 1.4 mg	108%	GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 45 mcg	129%
Niacin (as niacinamide with <i>S. cerevisiae</i>) [†] 20 mg NE	125%	Molybdenum (as fermented molybdenum bisglycinate) 45 mcg	100%
Vitamin B6 (as pyridoxine hydrochloride with <i>S. cerevisiae</i>) [†] 3.8 mg	226%	Fruit Phenolic Blend 100 mg	**
Folate (as L-5-methyltetrahydrofolate with broccoli) [†] 200 mcg DFE (120 mcg L-5-MTHF)	50%	Organic Whole Orange, Organic Cranberry, Organic Blueberry	
Vitamin B12 (as methylcobalamin with <i>S. cerevisiae</i>) [†] 5 mcg	208%		

** % Daily Value (DV) not established

Other Ingredients: Microcrystalline cellulose, organic brown rice, rice protein, ferment media (organic brown rice, rice protein, autolyzed yeast extract, yeast [inactive]), silicon dioxide, stearic acid, autolyzed yeast extract, hypromellose.

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

This MegaFood product is made with real food, wholesome nutritional yeast and added nutrients. [†]This vitamin is paired with a whole food in our unique process. 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

Biotin is an important nutrient. Biotin may interfere with lab tests. If you are taking medication or planning to undergo lab testing, consult with your doctor before use.

Keep out of reach of children. Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within four months.



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Lot#: _____
Best Before: _____