



*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***

**60
TABLETS
60
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 60

Amount per Serving	% DV
Vitamin A (as beta carotene with carrot) [†] 180 mcg RAE	20%
Vitamin C (as ascorbic acid with organic orange) [†] 90 mg	100%
Vitamin D3 (as fermented cholecalciferol) 40 mcg	200%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) [†] 8 mg	53%
Vitamin K (as phytonadione with cabbage) [†] 80 mcg	67%
Thiamin (as thiamine hydrochloride with <i>S. cerevisiae</i>) [†] 1.2 mg	100%
Riboflavin (as riboflavin with organic brown rice) [†] 1.4 mg	108%
Niacin (as niacinamide with <i>S. cerevisiae</i>) [†] 20 mg NE	125%
Vitamin B6 (as pyridoxine hydrochloride with <i>S. cerevisiae</i>) [†] 3.8 mg	226%
Folate (as L-5-methyltetrahydrofolate with broccoli) [†] 200 mcg DFE (120 mcg L-5-MTHF)	50%
Vitamin B12 (as methylcobalamin with <i>S. cerevisiae</i>) [†] 5 mcg	208%

Amount per Serving	% DV
Biotin (as biotin with organic brown rice) [†] 50 mcg	167%
Pantothenic Acid (as d-calcium pantothenate with organic brown rice) [†] 5.5 mg	110%
Iodine (as fermented iodine glycinate) 80 mcg	53%
Zinc (as zinc bisglycinate) 12 mg	109%
Selenium (as fermented selenium glycinate) 40 mcg	73%
Manganese (as fermented manganese bisglycinate) 2 mg	87%
GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 45 mcg	129%
Molybdenum (as fermented molybdenum bisglycinate) 45 mcg	100%
Fruit Phenolic Blend 100 mg	**
Organic Whole Orange, Organic Cranberry, Organic Blueberry	

** % 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 three months.



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Best Before:
Lot#: