



*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™

One Daily
Supports Optimal
Health & Well-Being*



30
TABLETS
30
SERVINGS

**MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT**

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

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 30

Amount per Serving	% DV
Vitamin A (as beta carotene with carrot) [†] 180 mcg RAE	20%
Vitamin C (as ascorbic acid with organic orange) [†] 60 mg	67%
Vitamin D3 (as fermented cholecalciferol) 10 mcg	50%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) [†] 10 mg	67%
Vitamin K (as phytonadione with cabbage) [†] 65 mcg	54%
Thiamin (as thiamine hydrochloride with <i>S. cerevisiae</i>) [†] 5 mg	417%
Riboflavin (as riboflavin with organic brown rice) [†] 2 mg	154%
Niacin (as niacinamide with <i>S. cerevisiae</i>) [†] 20 mg NE	125%
Vitamin B6 (as pyridoxine hydrochloride with <i>S. cerevisiae</i>) [†] 6 mg	353%
Folate (as folic acid with broccoli) [†] 400 mcg DFE (240 mcg folic acid)	100%
Vitamin B12 (as cyanocobalamin with <i>S. cerevisiae</i>) [†] 15 mcg	625%
Biotin (as biotin with organic brown rice) [†] 30 mcg	100%
Pantothenic Acid (d-calcium pantothenate with organic brown rice) [†] 10 mg	200%

Amount per Serving	% DV
Iron (as fermented iron bisglycinate) 4.5 mg	25%
Iodine (as fermented iodine glycinate) 75 mcg	50%
Zinc (as fermented zinc bisglycinate) 6 mg	55%
Selenium (as fermented selenium glycinate) 25 mcg	45%
Copper (as fermented copper bisglycinate) 0.1 mg	11%
Manganese (as fermented manganese bisglycinate) 1.2 mg	52%
GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 40 mcg	114%
Molybdenum (as fermented molybdenum bisglycinate) 20 mcg	44%
Boron (as fermented boron triglycinate) 500 mcg	**
Fruit Phenolic Blend 10 mg (Organic Whole Orange, Organic Cranberry, Organic Blueberry)	**

** % Daily Value (DV) not established

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

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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#: