



**MegaFood**  
Fresh From Farm To Tablet™

**One Daily**  
Supports Optimal  
Health & Well-Being\*

\*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.



**180**  
TABLETS  
**180**  
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 180**

Amount per Serving	% DV	Amount per Serving	% DV
Vitamin A (as beta carotene with carrot) <sup>†</sup> 180 mcg RAE	20%	Iron (as fermented iron bisglycinate) 4.5 mg	25%
Vitamin C (as ascorbic acid with organic orange) <sup>†</sup> 60 mg	67%	Iodine (as fermented iodine glycinate) 75 mcg	50%
Vitamin D3 (as fermented cholecalciferol) 10 mcg	50%	Zinc (as fermented zinc bisglycinate) 6 mg	55%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) <sup>†</sup> 10 mg	67%	Selenium (as fermented selenium glycinate) 25 mcg	45%
Vitamin K (as phytonadione with cabbage) <sup>†</sup> 65 mcg	54%	Copper (as fermented copper bisglycinate) 0.1 mg	11%
Thiamin (as thiamine hydrochloride with <i>S. cerevisiae</i> ) <sup>†</sup> 5 mg	417%	Manganese (as fermented manganese bisglycinate) 1.2 mg	52%
Riboflavin (as riboflavin with organic brown rice) <sup>†</sup> 2 mg	154%	GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 40 mcg	114%
Niacin (as niacinamide with <i>S. cerevisiae</i> ) <sup>†</sup> 20 mg NE	125%	Molybdenum (as fermented molybdenum bisglycinate) 20 mcg	44%
Vitamin B6 (as pyridoxine hydrochloride with <i>S. cerevisiae</i> ) <sup>†</sup> 6 mg	353%	Boron (as fermented boron triglycinate) 500 mcg	**
Folate (as folic acid with broccoli) <sup>†</sup> 400 mcg DFE (240 mcg folic acid)	100%	<b>Fruit Phenolic Blend</b> 10 mg	**
Vitamin B12 (as cyanocobalamin with <i>S. cerevisiae</i> ) <sup>†</sup> 15 mcg	625%	(Organic Whole Orange, Organic Cranberry, Organic Blueberry)	
Biotin (as biotin with organic brown rice) <sup>†</sup> 30 mcg	100%		
Pantothenic Acid (d-calcium pantothenate with organic brown rice) <sup>†</sup> 10 mg	200%	** % Daily Value (DV) not established	

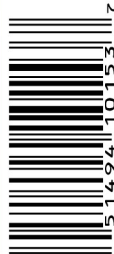
**Other Ingredients:** Microcrystalline cellulose, ferment media (organic brown rice, rice protein, autolyzed yeast extract, yeast [inactive]), organic brown rice, rice protein, silicon dioxide, autolyzed yeast extract, stearic acid, hypromellose.

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 six months.



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Lot#: \_\_\_\_\_  
Best Before: \_\_\_\_\_

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