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*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™

Alpha-Teen™
Supports Optimal Health
& Well-Being*



90
TABLETS
30
SERVINGS

**MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT**

Suggested Use: 3 tablets daily with a beverage. May be taken anytime throughout the day, even on an empty stomach.

Supplement Facts

Serving Size 3 Tablets Servings per Container 30

Amount per Serving	% DV
Vitamin A (as beta carotene with carrot) [†] 750 mcg RAE	83%
Vitamin C (as ascorbic acid with organic orange) [†] 80 mg	89%
Vitamin D3 (as fermented cholecalciferol) 25 mcg	125%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) [†] 20 mg	134%
Vitamin K (as phytonadione with cabbage) [†] 80 mcg	67%
Thiamin (as thiamine hydrochloride with <i>S. cerevisiae</i>) [†] 5 mg	417%
Riboflavin (as riboflavin with organic brown rice) [†] 5 mg	385%
Niacin (as niacinamide with <i>S. cerevisiae</i>) [†] 30 mg NE	188%
Vitamin B6 (as pyridoxine hydrochloride with <i>S. cerevisiae</i>) [†] 6 mg	353%
Folate (as folic acid with broccoli) [†] 680 mcg DFE (400 mcg folic acid)	170%
Vitamin B12 (as cyanocobalamin with <i>S. cerevisiae</i>) [†] 15 mcg	625%
Biotin (as biotin with organic brown rice) [†] 150 mcg	500%
Pantothenic Acid (as d-calcium pantothenate with organic brown rice) [†] 10 mg	200%

Amount per Serving	% DV
Calcium (as fermented calcium bisglycinate) 100 mg	8%
Iron (as fermented iron bisglycinate) 5 mg	28%
Iodine (as fermented iodine glycinate) 75 mcg	50%
Magnesium (as fermented magnesium bisglycinate) 40 mg	10%
Zinc (as zinc bisglycinate) 5 mg	45%
Selenium (as fermented selenium glycinate) 25 mcg	45%
Copper (as fermented copper bisglycinate) 0.2 mg	22%
Manganese (as fermented manganese bisglycinate) 1 mg	43%
GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 60 mcg	171%
Molybdenum (as fermented molybdenum bisglycinate) 30 mcg	67%
Boron (as fermented boron triglycinate) 500 mcg	**
Fruit Phenolic Blend 39 mg	**
Organic Whole Orange, Organic Cranberry, Organic Blueberry	
** % Daily Value (DV) not established	

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

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.

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.

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.



F1345B
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Best Before:
Lot#: