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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™

One Daily Iron Free

Supports Optimal Health & Well-Being*



90 TABLETS
90 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 90

Amount per Serving	% DV	Amount per Serving	% DV
Vitamin A (as beta carotene with carrot) [†] 180 mcg RAE	20%	Pantothenic Acid (as d-calcium pantothenate with organic brown rice) [†] 10 mg	200%
Vitamin C (as ascorbic acid with organic orange) [†] 60 mg	67%	Iodine (as fermented iodine glycinate) 75 mcg	50%
Vitamin D3 (as fermented cholecalciferol) 10 mcg	50%	Zinc (as fermented zinc bisglycinate) 5 mg	45%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) [†] 10 mg	67%	Selenium (as fermented selenium glycinate) 25 mcg	45%
Vitamin K (as phytonadione with cabbage) [†] 65 mcg	54%	Copper (as fermented copper bisglycinate) 0.1 mg	11%
Thiamin (as thiamine hydrochloride with <i>S. cerevisiae</i>) [†] 5 mg	417%	Manganese (as fermented manganese bisglycinate) 1.2 mg	52%
Riboflavin (as riboflavin with organic brown rice) [†] 1.7 mg	131%	GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 40 mcg	114%
Niacin (as niacinamide with <i>S. cerevisiae</i>) [†] 20 mg NE	125%	Molybdenum (as fermented molybdenum bisglycinate) 30 mcg	67%
Vitamin B6 (as pyridoxine hydrochloride with <i>S. cerevisiae</i>) [†] 6 mg	353%	Boron (as fermented boron triglycinate) 500 mcg	**
Folate (as folic acid with broccoli) [†] 400 mcg DFE (240 mcg folic acid)	100%	Fruit Phenolic Blend 10 mg (Organic Whole Orange, Organic Cranberry, Organic Blueberry)	**
Vitamin B12 (as cyanocobalamin with <i>S. cerevisiae</i>) [†] 15 mcg	625%		
Biotin (as biotin with organic brown rice) [†] 30 mcg	100%		

** % Daily Value (DV) not established

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

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#: