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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

60
TABLETS
30 SERVINGS
DIETARY
SUPPLEMENT

MegaFood®

Multivitamin

for Daily Stress Relief*

- Ashwagandha & L-Theanine to support a healthy stress response*
- Multi with 20 vitamins & minerals including vitamin C from Acerola cherry



Suggested Use: 2 tablets daily with a beverage. May be taken anytime throughout the day, even on an empty stomach.

Supplement Facts

Serving Size 2 Tablets Servings per Container 30

Amount per Serving	% DV
Vitamin A (as beta carotene) 700 mcg RAE	78%
Vitamin C (as acerola cherry) 90 mg	100%
Vitamin D3 (as fermented cholecalciferol) 50 mcg (2000 IU)	250%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) 15 mg	100%
Vitamin K (as phytonadione with cabbage)† 120 mcg	100%
Thiamin (as thiamine hydrochloride with <i>S. cerevisiae</i>)† 1.2 mg	100%
Riboflavin (as riboflavin with organic brown rice)† 1.3 mg	100%
Niacin (as niacinamide with <i>S. cerevisiae</i>)† 16 mg NE	100%
Vitamin B6 (as pyridoxal-5-phosphate with organic brown rice)† 1.7 mg	100%
Folate (as L-5-methyltetrahydrofolate with broccoli)† 400 mcg DFE (240 mcg folic acid)	100%
Vitamin B12 (as methylcobalamin with <i>S. cerevisiae</i>)† 4.8 mcg	200%
Biotin (as biotin with organic brown rice)† 30 mcg	100%
Pantothenic Acid (as d-calcium pantothenate with organic brown rice)† 5 mg	100%
Iodine (as fermented iodine glycinate) 150 mcg	100%
Zinc (as fermented zinc bisglycinate) 11 mg	100%
Selenium (as fermented selenium glycinate) 55 mcg	100%
Copper (as fermented copper bisglycinate) 0.9 mg	100%
Manganese (as fermented manganese bisglycinate) 2.3 mg	100%
GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 35 mcg	100%
Molybdenum (as fermented molybdenum bisglycinate) 45 mcg	100%

Farm Food Blend 248 mg **
Organic Broccoli, Organic Brown Rice, Organic Carrot, Organic Cranberry, Organic Orange Peel, Organic Wild Blueberry, Cabbage

Supportive Herb Blend 375 mg **
Sensoril®† Ashwagandha Root & Leaf Extract (*Withania somnifera* / 10% Withanolides), L-Theanine

** % Daily Value (DV) not established

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

Made by MegaFood, PO Box 5244, Manchester, NH 03108 USA
megafood.com / 800.848.2542

MegaFood Multivitamin for Daily Stress Relief® is specifically formulated to support a healthy stress response.* We include a supportive herb blend with clinically researched Sensoril® Ashwagandha root and leaf extract, and L-Theanine. Acerola cherry provides a natural source of vitamin C and we use the methylated forms of folate and B12.

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.

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If pregnant, nursing, or you have a health condition, consult your healthcare practitioner before taking this product.

Keep out of reach of children. Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months.

†Sensoril® is a trademark of Natreon, Inc. and is protected under U.S. Patent 6,713,092



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Best Before:
Lot #: 51494