



\* 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<sup>®</sup>

Fresh From Farm To Tablet<sup>™</sup>

## Men Over 40<sup>™</sup> One Daily

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



**60  
TABLETS  
60  
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 60**

| Amount per Serving                                                                      | % DV |
|-----------------------------------------------------------------------------------------|------|
| Vitamin A (as beta carotene with carrot) <sup>†</sup> 338 mcg RAE                       | 38%  |
| Vitamin C (as ascorbic acid with organic orange) <sup>†</sup> 60 mg                     | 67%  |
| Vitamin D3 (as fermented cholecalciferol) 10 mcg                                        | 50%  |
| Vitamin E (as d-alpha tocopherol from sunflower seed oil) <sup>†</sup> 12 mg            | 80%  |
| Vitamin K (as phytonadione with cabbage) <sup>†</sup> 15 mcg                            | 13%  |
| Thiamin (as thiamine hydrochloride with <i>S. cerevisiae</i> ) <sup>†</sup> 4 mg        | 333% |
| Riboflavin (as riboflavin with organic brown rice) <sup>†</sup> 3 mg                    | 231% |
| Niacin (as niacinamide with <i>S. cerevisiae</i> ) <sup>†</sup> 20 mg NE                | 125% |
| Vitamin B6 (as pyridoxine hydrochloride with <i>S. cerevisiae</i> ) <sup>†</sup> 3 mg   | 176% |
| Folate (as folic acid with broccoli) <sup>†</sup> 680 mcg DFE (400 mcg folic acid)      | 170% |
| Vitamin B12 (as cyanocobalamin with <i>S. cerevisiae</i> ) <sup>†</sup> 15 mcg          | 625% |
| Biotin (as biotin with organic brown rice) <sup>†</sup> 80 mcg                          | 267% |
| Pantothenic Acid (as d-calcium pantothenate with organic brown rice) <sup>†</sup> 10 mg | 200% |
| Iodine (as fermented iodine glycinate) 150 mcg                                          | 100% |

| Amount per Serving                                                                                                                                                                                                                                                                                                                                                                                             | % DV |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| Zinc (as fermented zinc bisglycinate) 15 mg                                                                                                                                                                                                                                                                                                                                                                    | 136% |
| Selenium (as fermented selenium glycinate) 14 mcg                                                                                                                                                                                                                                                                                                                                                              | 25%  |
| Copper (as fermented copper bisglycinate) 0.3 mg                                                                                                                                                                                                                                                                                                                                                               | 33%  |
| Manganese (as fermented manganese bisglycinate) 1 mg                                                                                                                                                                                                                                                                                                                                                           | 43%  |
| GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 60 mcg                                                                                                                                                                                                                                                                                                                                   | 171% |
| Molybdenum (as fermented molybdenum bisglycinate) 40 mcg                                                                                                                                                                                                                                                                                                                                                       | 89%  |
| Boron (as fermented boron triglycinate) 500 mcg                                                                                                                                                                                                                                                                                                                                                                | **   |
| <b>Nourishing Food &amp; Herb Blend</b> 90 mg                                                                                                                                                                                                                                                                                                                                                                  | **   |
| Organic Eleuthero Root, Organic Ashwagandha Root, Organic Astragalus Root, Organic Ginkgo Leaf, Organic Hawthorn Fruit, Fruit Phenolic Blend (Organic Whole Orange, Organic Cranberry, Organic Blueberry), Organic Schisandra Berry, Organic Nettle Leaf, Organic Turmeric Root, Organic Ginger Root, Organic Dandelion Leaf, Organic Dandelion Root, Organic Oregano Leaf, Organic Shiitake Mushroom Mycelium |      |
| ** % Daily Value (DV) not established                                                                                                                                                                                                                                                                                                                                                                          |      |

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

**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.



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Best Before:  
Lot#:

223 08 23  
10269102  
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