



MegaFood
Fresh From Farm To Tablet™

Men Over 40™ One Daily

Supports Optimal
Health & Well-Being*



90
TABLETS
90
SERVINGS

**MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT**

Supplement Facts

Serving Size 1 Tablet
Servings per Container 90

	Amount per Serving	% DV
• Vitamin A (beta carotene with carrot)	338 mcg RAE	38
• Vitamin C (ascorbic acid with organic orange) ..	60 mg	67
• Vitamin D3 (cholecalciferol with <i>S. cerevisiae</i>)	10 mcg	50
• Vitamin E (d-alpha tocopherol [sunflower] with organic brown rice)	12 mg	80
• Vitamin K (K1) (phytonadione with cabbage)	15 mcg	13
• Thiamin (B1) (thiamine HCl with <i>S. cerevisiae</i>) ..	4 mg	333
• Riboflavin (B2) (with organic brown rice)	3 mg	231
• Niacin (niacinamide with <i>S. cerevisiae</i>)	20 mg NE	125
• Vitamin B6 (pyridoxine HCl with <i>S. cerevisiae</i>) ..	3 mg	176
• Folate (folic acid with broccoli)	680 mcg DFE	170
	(400 mcg folic acid)	
• Vitamin B12 (cyanocobalamin with <i>S. cerevisiae</i>)	15 mcg	625
• Biotin (with organic brown rice)	80 mcg	267
• Pantothenic Acid (d-calcium pantothenate with organic brown rice)	10 mg	200
• Iodine (mineral bound <i>S. cerevisiae</i>)	150 mcg	100
• Zinc (mineral bound <i>S. cerevisiae</i>)	15 mg	136

Other Ingredients: Stearic Acid, Silica, Cellulose.

Suggested Use: 1 tablet daily. May be taken anytime throughout the day, even on an empty stomach.

	Amount per Serving	% DV
• Selenium (mineral bound <i>S. cerevisiae</i>)	14 mcg	25
• Copper (mineral bound <i>S. cerevisiae</i>)	0.3 mg	33
• Manganese (mineral bound <i>S. cerevisiae</i>)	1 mg	43
• Chromium (GTF) (mineral bound <i>S. cerevisiae</i>)	60 mcg	171
• Molybdenum (mineral bound <i>S. cerevisiae</i>)	40 mcg	89
• Boron (mineral bound <i>S. cerevisiae</i>)	500 mcg	**
Nourishing Food & Herb Blend*	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

IRON FREE FORMULA

Made with Love by MegaFood, PO Box 5244,
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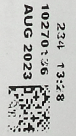
• This MegaFood product is made with real food, wholesome nutritional yeast, added nutrients and carefully selected herbs. Each vitamin or mineral is paired with an ideal whole food using our unique process to deliver guaranteed potency and the benefit of health-promoting compounds present in the whole food itself.*
See how they're made at megafood.com/showme.
Satisfaction guaranteed or your money back.

* 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.



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