



MegaFood
Fresh From Farm To Tablet™

Men Over 55 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)	180 mcg RAE	20
♦ Vitamin C (ascorbic acid with organic orange)	90 mg	100
♦ Vitamin D3 (cholecalciferol with <i>S. cerevisiae</i>)	40 mcg	200
♦ Vitamin E (d-alpha tocopherol [sunflower] with organic brown rice)	8 mg	53
♦ Vitamin K (K1) (phytonadione with cabbage) ..	80 mcg	67
♦ Thiamin (B1) (thiamine HCl with <i>S. cerevisiae</i>)	1.2 mg	100
♦ Riboflavin (B2) (with organic brown rice)	1.4 mg	108
♦ Niacin (niacinamide with <i>S. cerevisiae</i>)	20 mg NE	125
♦ Vitamin B6 (pyridoxine HCl with <i>S. cerevisiae</i>)	3.8 mg	226
♦ Folate (L-5-MTHF with broccoli)	200 mcg DFE	50
	(120 mcg L-5-MTHF)	
♦ Vitamin B12 (methylcobalamin with <i>S. cerevisiae</i>)	5 mcg	208
♦ Biotin (with organic brown rice)	50 mcg	167

Other Ingredients: Cellulose, Silica, Stearic Acid.

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

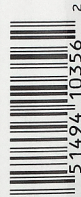
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	Amount per Serving	% DV
♦ Pantothenic Acid (d-calcium pantothenate with organic brown rice)	5.5 mg	110
♦ Iodine (mineral bound <i>S. cerevisiae</i>)	80 mcg	53
♦ Zinc (rice amino acid chelate)	12 mg	109
♦ Selenium (mineral bound <i>S. cerevisiae</i>)	40 mcg	73
♦ Manganese (mineral bound <i>S. cerevisiae</i>)	2 mg	87
♦ Chromium (GTF) (mineral bound <i>S. cerevisiae</i>)	45 mcg	129
♦ Molybdenum (mineral bound <i>S. cerevisiae</i>) ..	45 mcg	100
♦ Fruit Phenolic Blend	100 mg	**
	(Organic Whole Orange, Organic Cranberry, Organic Blueberry)	

** % Daily Value (DV) not established

♦ This MegaFood product is made with real food sourced from our trusted family farm partners, wholesome nutritional yeast and added nutrients. 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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Rev: 1 10/19

Best
Before:

Lot#:
259 1134
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AUG 2023

