



* 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™

Men's One Daily

**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
Vitamin A (as beta carotene with carrot)* 180 mcg RAE	20%
Vitamin C (as ascorbic acid with organic orange)* 60 mg	67%
Vitamin D3 (as fermented cholecalciferol) 10 mcg	50%
Vitamin E (as d-alpha tocopherol from sunflower seed oil)* 10 mg	67%
Vitamin K (as phytonadione with cabbage)* 32 mcg	27%
Thiamin (as thiamine hydrochloride with <i>S. cerevisiae</i>)* 4 mg	333%
Riboflavin (as riboflavin with organic brown rice)* 3 mg	231%
Niacin (as niacinamide with <i>S. cerevisiae</i>)* 20 mg NE	125%
Vitamin B6 (as pyridoxine hydrochloride with <i>S. cerevisiae</i>)* 3 mg	176%
Folate (as folic acid with broccoli)* 400 mcg DFE (240 mcg folic acid)	100%
Vitamin B12 (as cyanocobalamin with <i>S. cerevisiae</i>)* 15 mcg	625%
Biotin (as biotin with organic brown rice)* 30 mcg	100%
Pantothenic Acid (as d-calcium pantothenate with organic brown rice)* 10 mg	200%
Iodine (as fermented iodine glycinate) 60 mcg	40%

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

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Amount per Serving	% DV
Zinc (as fermented zinc bisglycinate) 15 mg	136%
Selenium (as fermented selenium glycinate) 32 mcg	58%
Copper (as fermented copper bisglycinate) 0.1 mg	11%
Manganese (as fermented manganese bisglycinate) 1 mg	43%
GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 60 mcg	171%
Molybdenum (as fermented molybdenum bisglycinate) 20 mcg	44%
Boron (as fermented boron triglycinate) 500 mcg	**
Nourishing Food & Herb Blend 83 mg	**
Organic Eleuthero Root, Fo-Ti Root, Organic Astragalus Root, Organic Ginger Root, Organic Nettle Leaf, Organic Schisandra Berry, Fruit Phenolic Blend (Organic Whole Orange, Organic Cranberry, Organic Blueberry), Organic Dandelion Leaf, Organic Dandelion Root, Organic Shiitake Mushroom Mycelium	
** % Daily Value (DV) not established	

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

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:

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