



*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[™]

Multi^{for} Men

Supports Optimal Health & Well-Being*



60
TABLETS
30
SERVINGS

with brown rice, carrots, broccoli & oranges
**MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT**

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 with carrot)* 600 mcg RAE	67%
Vitamin C (as ascorbic acid with organic orange)* 200 mg	222%
Vitamin D3 (as fermented cholecalciferol) 20 mcg	100%
Vitamin E (as d-alpha tocopherol from sunflower seed oil)* 33 mg	220%
Vitamin K (as phytonadione with cabbage)* 120 mcg	100%
Thiamin (as thiamine hydrochloride with <i>S. cerevisiae</i>)* 1.8 mg	150%
Riboflavin (as riboflavin 5'-phosphate sodium with organic brown rice)* 2.1 mg	162%
Niacin (as niacinamide with <i>S. cerevisiae</i>)* 20 mg NE	125%
Vitamin B6 (as pyridoxal-5-phosphate with organic brown rice)* 6 mg	353%
Folate (as L-5-methyltetrahydrofolate with broccoli)* 170 mcg DFE (100 mcg L-5-MTHF)	43%
Vitamin B12 (as methylcobalamin with <i>S. cerevisiae</i>)* 12 mcg	500%
Biotin (as biotin with organic brown rice)* 300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate with organic brown rice)* 8 mg	160%
Choline (as choline bitartrate) 200 mg	36%
Iodine (as fermented iodine glycinate) 150 mcg	100%
Zinc (as zinc bisglycinate) 22.5 mg	205%
Selenium (as fermented selenium glycinate) 70 mcg	127%
Copper (as fermented copper bisglycinate) 0.2 mg	22%
Manganese (as fermented manganese bisglycinate) 2 mg	87%
GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 120 mcg	343%
Molybdenum (as fermented molybdenum bisglycinate) 55 mcg	122%
Vitamin K2 (as menaquinone-7 with cabbage)* 40 mcg	**

** % Daily Value (DV) not established

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

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

MegaFood Multi for Men is formulated by award-winning integrative medical physician, Tieraona Low Dog, M.D., and contains a host of supportive nutrients, including B vitamins to support healthy energy function and nervous system health, plus choline, to support healthy cognitive function.*

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.



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

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