

Supplement Facts

Serving Size 2 Gummies Servings per Container 30

Amount per Serving	% DV
Calories 25	
Total Carbohydrate 6 g	2%*
Total Sugars 3 g	**
Includes 3 g Added Sugars	6%*
Vitamin A (as beta carotene) 600 mcg RAE	67%
Vitamin C (as ascorbic acid) 90 mg	100%
Vitamin D3 (as cholecalciferol) 25 mcg	125%
Vitamin E (as d-alpha tocopheryl acetate) 15 mg	100%
Vitamin K (as phytonadione) 90 mcg	75%
Thiamin (as thiamine mononitrate) 0.6 mg	50%
Riboflavin (as riboflavin) 0.65 mg	50%
Niacin (as niacinamide) 8 mg NE	50%
Vitamin B6 (as pyridoxine hydrochloride) 1.7 mg	100%
Folate (as folic acid) 300 mcg DFE (176 mcg folic acid)	75%
Vitamin B12 (as methylcobalamin) 6 mcg	250%
Biotin (as biotin) 30 mcg	100%
Iodine (as potassium iodide) 60 mcg	40%
Zinc (as zinc citrate) 6 mg	55%
Selenium (as sodium selenate) 55 mcg	100%
Chromium (as chromium chloride) 50 mcg	142%
Molybdenum (as sodium molybdate) 35 mcg	78%
Sodium 15 mg	1%
Lycopene (from tomato) 2 mg	**
Organic Blueberry 100 mg	**

* % Daily Value based on a 2,000 calorie diet

** % Daily Value (DV) not established

Other Ingredients: Organic tapioca syrup, organic cane sugar, apple pectin, citric acid, natural flavors, sodium citrate, organic sunflower oil, organic carnauba wax.

Made by Pharmavite LLC, 4701 Northpark Dr., Opelika, AL 36801 USA
Made for MegaFood • megafood.com • 800.848.2542

Suggested Use: 2 gummies daily. May be taken anytime throughout the day, even on an empty stomach.

MegaFood Men's Multi Gummies support optimal health and wellness and are formulated specifically for men and their unique nutritional needs.* Lycopene, in combination with selenium and zinc support men's reproductive health.* B vitamins support cellular energy production and a healthy nervous system.*

We're committed to investing in agricultural practices that make a difference. That's why we use organic ingredients in our products when possible.

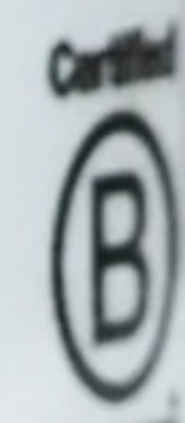
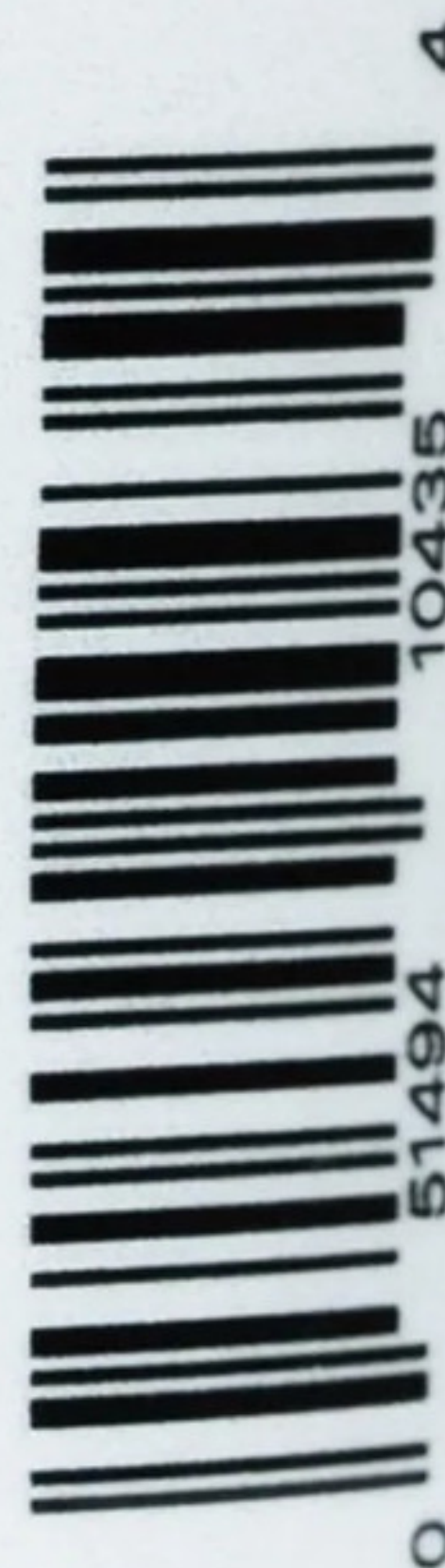
*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Keep out of reach of children. Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months.

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

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Cat. A299
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REV: 1 05/21



MegaFood®

MEN'S MULTI

17 essential nutrients including selenium, zinc and lycopene to support men's health*

WILD BLUEBERRY

FLAVOR WITH OTHER NATURAL FLAVORS



60 GUMMIES
30 SERVINGS

DIETARY
SUPPLEMENT