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*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.

MegaFood®

From Farm to Tablet*

Men's ONE DAILY MULTIVITAMIN

- Immune support†
 - Energy metabolism†
 - Muscle and bone health†
- with 20 essential nutrients
Plus real food & herbs

30 TABLETS / 30 SERVINGS DIETARY SUPPLEMENT



Suggested Use: Adults take 1 tablet daily with a beverage. May be taken any time of day, even on an empty stomach.

Supplement Facts

Serving size 1 tablet Servings per container 30

Amount per serving	% DV
Vitamin A (as beta carotene) 180 mcg RAE	20%
Vitamin C (as ascorbic acid) 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) 32 mcg	27%
Thiamin (as thiamine hydrochloride) 4 mg	333%
Riboflavin (as riboflavin) 3 mg	231%
Niacin (as niacinamide) 20 mg NE	125%
Vitamin B6 (as pyridoxine hydrochloride) 3 mg	176%
Folate (as folic acid) 400 mcg DFE (240 mcg folic acid)	100%
Vitamin B12 (as cyanocobalamin) 15 mcg	625%
Biotin (as biotin) 30 mcg	100%
Pantothenic Acid (as d-calcium pantothenate) 10 mg	200%
Iodine (as fermented iodine glycinate) 60 mcg	40%
Zinc (as fermented zinc bisglycinate) 15 mg	136%

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

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Amount per serving	% DV
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 glycinate) 500 mcg	**

*Food & Herb Blend 238 mg

Organic brown rice, organic orange, organic eleuthero root, fo-ti root, organic astragalus root, carrot, organic ginger root, organic nettle leaf, organic schisandra fruit, organic broccoli head, organic dandelion leaf, organic dandelion root, organic shitake mushroom mycelium, organic blueberry

** % Daily Value (DV) not established

MegaFood Men's One Daily is a foundational multivitamin in a convenient one-a-day tablet, designed to support the nutritional needs of men.† Crafted with a blend of 20 essential vitamins and minerals, this multi includes vitamin C & zinc for immune support, B vitamins to support energy metabolism, and vitamin D to support muscle and bone health†

This product is made with food-paired vitamins and fermented minerals.

Satisfaction guaranteed or your money back.

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Keep out of reach of children. Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months. Do not use if seal under cap is broken or missing.



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