

Learn about our seals:
megafood.com/standards



†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

ADVANCED MULTIVITAMIN

- Brain health†
 - Immune support†
 - Energy metabolism†
- with 22 nutrients including choline
Plus real food

120 TABLETS / 60 SERVINGS DIETARY SUPPLEMENT



Suggested Use: Adults take 2 tablets daily with a beverage. May be taken any time of day, even on an empty stomach.

Supplement Facts

Serving size 2 tablets

Servings per container 60

Amount per serving	% DV
Vitamin A (as beta carotene) 600 mcg RAE	67%
Vitamin C (as ascorbic acid) 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) 120 mcg	100%
Thiamin (as thiamine hydrochloride) 1.8 mg	150%
Riboflavin (as riboflavin 5'-phosphate sodium) 2.1 mg	162%
Niacin (as niacinamide) 20 mg NE	125%
Vitamin B6 (as pyridoxal-5-phosphate) 6 mg	353%
Folate (as calcium L-5-methyltetrahydrofolate) 170 mcg DFE (100 mcg L-5-MTHF)	43%
Vitamin B12 (as methylcobalamin) 12 mcg	500%
Biotin (as biotin) 300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate) 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) 40 mcg	**
*Food Blend 470 mg	**
Organic brown rice, organic orange, carrot, cabbage, organic broccoli	
** % Daily Value (DV) not established	

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

MADE BY MEGAFOOD, PO BOX 5244
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MegaFood Men's Advanced Multivitamin is crafted with 22 vitamins and minerals to support optimal health and well-being, including choline to support memory & cognitive function, vitamin C & zinc for immune support, and B vitamins to support cellular energy metabolism.†

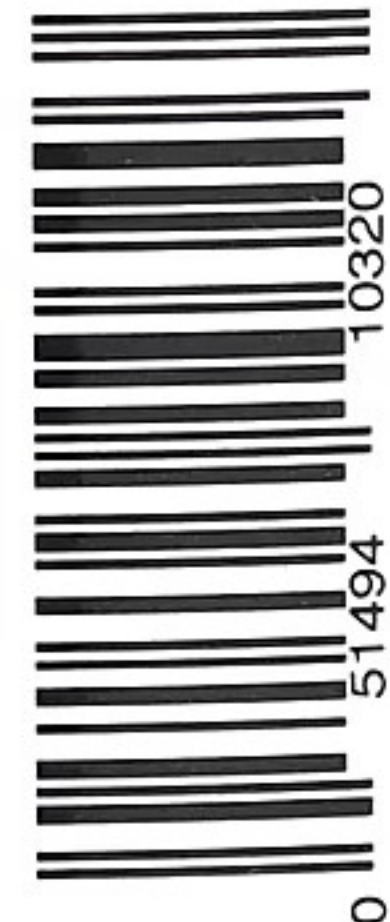
This product is made with food-paired vitamins and fermented minerals. Satisfaction guaranteed or your money back.

We believe the most nutritious food comes from healthy soil. Our goal is to partner with farmers who share our commitment to regenerative agriculture, working to nourish the soil for quality ingredients that make for premium supplements.

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CAUTION: 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.

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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Best By:

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