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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 55+

ADVANCED MULTIVITAMIN



- Brain health†
 - Immune support†
 - Healthy aging†
- with 19 nutrients including choline, no iron
Plus real food

120 TABLETS / 60 SERVINGS DIETARY SUPPLEMENT



Suggested Use: Adults take 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 60

Amount per serving	% DV
Vitamin A (as beta carotene) 525 mcg RAE	58%
Vitamin C (as ascorbic acid) 100 mg	111%
Vitamin D3 (as fermented cholecalciferol) 25 mcg	125%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) 15 mg	100%
Thiamin (as thiamine hydrochloride) 2.5 mg	208%
Riboflavin (as riboflavin 5'-phosphate sodium) 3.5 mg	270%
Niacin (as niacinamide) 20 mg NE	125%
Vitamin B6 (as pyridoxal-5-phosphate) 6 mg	353%
Folate (as calcium L-5-methyltetrahydrofolate) 340 mcg DFE (200 mcg L-5-MTHF)	85%
Vitamin B12 (as methylcobalamin) 20 mcg	833%
Biotin (as biotin) 300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate) 8 mg	160%
Choline (as choline bitartrate) 200 mg	36%
Zinc (as zinc bisglycinate) 15 mg	136%
Selenium (as fermented selenium glycinate) 7.5 mcg	14%
Copper (as fermented copper bisglycinate) 0.2 mg	22%
Manganese (as fermented manganese bisglycinate) 1 mg	43%
GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 120 mcg	343%
Molybdenum (as fermented molybdenum bisglycinate) 55 mcg	122%
Green tea leaf extract 125 mg	**
Pumpkin seed extract 125 mg	**
*Food Blend 264 mg	**
Organic brown rice, organic orange, carrot, organic broccoli	
** % Daily Value (DV) not established	

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

MADE BY MEGAFOOD, PO BOX 5244
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MegaFood Men's 55+ Advanced Multivitamin is crafted with 19 vitamins and minerals to support optimal health and well-being, including choline to support memory & cognitive function, zinc for immune support, antioxidant vitamins A, C, + E for healthy aging support.†

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.

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



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Rev: 8 09/22

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NOV 2024