Learn about our seals:
megafood.com/standards

TESTED FOR 125* PESTICIDES

MADE WITHOUT 9 FOOD ALLERGENS

GLYPHOSATE RESIDUE FREE

GLUTEN FREE

VEGETARIAN

Certified B Corporation

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*Made without milk, eggs, peanuts, tree nuts, soy, wheat, fish, shellfish and sesame.

†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 40+

### ONE DAILY MULTIVITAMIN

- Immune support†
- Energy metabolism†
- Muscle and bone health†

with 20 essential nutrients

Plus real food & herbs

NON GMO Project VERIFIED nongmoproject.org

**90 TABLETS / 90 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 90**

| Amount per serving | % DV |
|---|---|
| Vitamin A (as beta carotene) 338 mcg RAE | 38% |
| 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) 12 mg | 80% |
| Vitamin K (as phytonadione) 15 mcg | 13% |
| 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) 680 mcg DFE (400 mcg folic acid) | 170% |
| Vitamin B12 (as cyanocobalamin) 15 mcg | 625% |
| Biotin (as biotin) 80 mcg | 267% |
| Pantothenic Acid (as d-calcium pantothenate) 10 mg | 200% |
| Iodine (as fermented iodine glycinate) 150 mcg | 100% |
| Zinc (as fermented zinc bisglycinate) 15 mg | 136% |

| Amount per serving | % DV |
|---|---|
| Selenium (as fermented selenium glycinate) 14 mcg | 25% |
| Copper (as fermented copper bisglycinate) 0.3 mg | 33% |
| Manganese (as fermented manganese bisglycinate) 1 mg | 43% |
| GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 60 mcg | 171% |
| Molybdenum (as fermented molybdenum bisglycinate) 40 mcg | 89% |
| Boron (as fermented boron glycinate) 500 mcg | ** |
| *Food & Herb Blend 260 mg<br>Organic brown rice, organic orange, carrot, organic ashwagandha root, organic eleuthero root, organic astragalus root, organic ginkgo leaf, organic hawthorne fruit, organic broccoli, organic schisandra fruit, organic nettle leaf, organic turmeric root, organic ginger root, organic dandelion root, organic dandelion leaf, organic oregano leaf, organic cranberry, organic blueberry, cabbage, organic shiitake mushroom mycelium | ** |

** % Daily Value (DV) not established

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

MADE BY MEGAFOOD, PO BOX 5244, MANCHESTEIR, NH 03108 USA • MEGAFOOD.COM • 800.848.2542

**MegaFood Men's 40+ One Daily is a foundational multivitamin in a convenient one-a-day tablet, designed to support the nutritional needs of men.†**

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

Satisfaction guaranteed or your money back.

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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.

Do not use if seal under cap is broken or missing.

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