

Learn about our seals:
megafood.com/standards

*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

ONE DAILY MULTIVITAMIN

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

60 TABLETS / 60 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 60

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 shiitake mushroom mycelium, organic blueberry	
** % Daily Value (DV) not established	

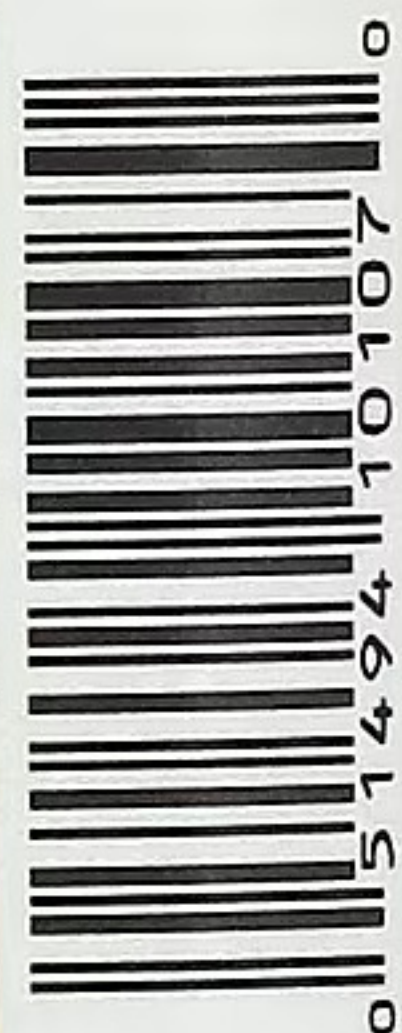
MegaFood Men's One Daily is a foundational multivitamin in a convenient one-a-day tablet, designed to support the nutritional needs of men.† Crafted with a blend of 20 essential vitamins and minerals, this multi includes vitamin C & zinc for immune support, B vitamins to support energy metabolism, and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