

Manufactured by MegaFood
An FDA Registered Facility. GMP Compliant. PO Box 325, Derry, NH 03038
For more information visit www.megafood.com OR CALL 800-848-2542

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Rev: 5 07/10

Best Before:
Lot#:

MegaFood™

100% WHOLE FOOD

**GLUTEN FREE
VALIDATED
SOY FREE**

**Balances
Strengthens
Energizes**

MEN'S ONE DAILY

VEGETARIAN
DIETARY SUPPLEMENT

60
TABLETS

Supplement Facts

Serving Size 1 Tablet Servings per Container 60

Amount per Serving	% DV	
100% Whole Food Nutrients†		
Vitamin A (50 mg whole carrots†)	2500 IU	50
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)		
Vitamin C (240 mg whole oranges†)	60 mg	100
Vitamin D3 (8 mg <i>S. cerevisiae</i> †)	400 IU	100
Vitamin E* (60 mg organic brown rice†)	15 IU	50
Vitamin K (3 mg cabbage†)	32 mcg	40
Thiamine (B-1) (16 mg <i>S. cerevisiae</i> †)	4 mg	267
Riboflavin (B-2) (30 mg <i>S. cerevisiae</i> †)	3 mg	176
Niacinamide (80 mg <i>S. cerevisiae</i> †)	20 mg	100
Vitamin B-6 (15 mg <i>S. cerevisiae</i> †)	3 mg	150
Folate (40 mg broccoli†)	400 mcg	100
Vitamin B-12 (3 mg <i>S. cerevisiae</i> †)	15 mcg	250
Biotin (24 mg organic brown rice†)	120 mcg	40
Pantothenic Acid (40 mg <i>S. cerevisiae</i> †)	10 mg	100
Calcium (40 mg <i>S. cerevisiae</i> †)	2 mg	<1
Iodine (4 mg <i>S. cerevisiae</i> †)	60 mcg	40
Magnesium (40 mg <i>S. cerevisiae</i> †)	2 mg	1
Zinc (300 mg <i>S. cerevisiae</i> †)	15 mg	100

** % Daily Value (DV) not established

Amount per Serving	% DV	
Selenium (32 mg <i>S. cerevisiae</i> †)	32 mcg	46
Copper (5 mg <i>S. cerevisiae</i> †)	50 mcg	3
Manganese (20 mg <i>S. cerevisiae</i> †)	1 mg	50
Chromium (GTF) (30 mg <i>S. cerevisiae</i> †)	60 mcg	50
Molybdenum (10 mg <i>S. cerevisiae</i> †)	20 mcg	27
Potassium (763 mg <i>S. cerevisiae</i> †)	4 mg	<1
Boron (50 mg <i>S. cerevisiae</i> †)	500 mcg	**
Immune Health Blend 53 mg **		
Organic Astragalus, Whole Orange† (natural source bioflavonoids), Organic Eleuthero Root, Wild Blueberry† (natural source anthocyanins), Cranberry† (natural source proanthocyanidins), Organic Schisandra Berry, Organic Shiitake Mushroom		
Body Strengthening Blend 35 mg **		
Organic Fo-Ti Root, Organic Ginger Root, Organic Saw Palmetto Berry, Organic Nettle Leaf, Organic Dandelion Leaf & Root		

*full spectrum of mixed tocotrienols and tocopherols

Other Ingredients: Plant Cellulose, Vegetable Lubricant, Silica.

Suggested Use: 1 tablet daily. May be taken anytime throughout the day, even on an empty stomach.

MegaFood has made the highest quality whole food supplements since 1973.

IRON FREE FORMULA

Men's One Daily is made only from wholesome, all natural ingredients, certified organic herbs and with no preservatives.

Whole food nutrients are readily recognized and better utilized by the body, therefore you can take lower potencies with better results. *Less is more with food.*

Easy-to-digest and full of vital nourishment, you will LOVE the MegaFood Difference - Satisfaction Guaranteed.



MegaFood.

Our Name is Our Promise™

**Tested to be FREE of:
Gluten, Dairy, Soy,
Pesticides and Herbicides.
Does Not Contain Corn or Wheat.**

† FoodState® concentrates, made from fresh, raw foods, deliver 100% whole food nutrients and protective antioxidants - *As Nature Intended*. They are a natural source of vital phytonutrients, including CoQ10, SOD, glutathione, enzymes, lipolic acid, amino acids and beta glucans. *S. cerevisiae*, a non-candida yeast, is one of nature's most nutrient-rich foods, with an array of health-promoting benefits.

