



MegaFood™

Fresh From Farm To Tablet™

Medi-Safe™

Nourish • Protect • Herb-Free*



90
TABLETS
30
SERVINGS

WHOLE FOOD MULTIVITAMIN &
MINERAL DIETARY SUPPLEMENT

F1247B
Rev: 16 05/12

Lot#:
Best
Before:



Supplement Facts

Serving Size 3 Tablets

Servings per Container 30

Amount per Serving	% DV ▼
FoodState Nutrients	
Vitamin A (100 mg†; carrots) 5000 IU	100
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)	
Vitamin C (400 mg†; oranges) 100 mg	167
Vitamin D3 (8 mg†; <i>S. cerevisiae</i>) 400 IU	100
Vitamin E* (60 mg†; organic brown rice) 15 IU	50
Thiamine (B-1) (20 mg†; <i>S. cerevisiae</i>) 5 mg	333
Riboflavin (B-2) (50 mg†; <i>S. cerevisiae</i>) 5 mg	294
Niacinamide (100 mg†; <i>S. cerevisiae</i>) 25 mg	125
Vitamin B-6 (75 mg†; <i>S. cerevisiae</i>) 15 mg	750
Folate (40 mg†; broccoli) 400 mcg	100
Vitamin B-12 (9 mg†; <i>S. cerevisiae</i>) 45 mcg	750
Biotin (30 mg†; organic brown rice) 150 mcg	50
Pantothenic Acid ... (80 mg†; <i>S. cerevisiae</i>) 20 mg	200

Amount per Serving	% DV ▼
Calcium (1000 mg†; <i>S. cerevisiae</i>) 50 mg	5
Magnesium (1000 mg†; <i>S. cerevisiae</i>) 50 mg	13
Zinc (300 mg†; <i>S. cerevisiae</i>) 15 mg	100
Selenium (20 mg†; <i>S. cerevisiae</i>) 20 mcg	29
Manganese (40 mg†; <i>S. cerevisiae</i>) 2 mg	100
Chromium (GTF) (15 mg†; <i>S. cerevisiae</i>) 30 mcg	25
Molybdenum (15 mg†; <i>S. cerevisiae</i>) 30 mcg	40
Potassium (2822 mg†; <i>S. cerevisiae</i>) 11 mg	<1
Boron (50 mg†; <i>S. cerevisiae</i>) 500 mcg	**
Organic Blueberry 100 mg	**
Organic Beet Root 50 mg	**
FoodState Farm Fresh Fruit Blend 30 mg	**
Whole Orange (natural source bioflavonoids), Wild Blueberry (natural source anthocyanins), Cranberry (natural source proanthocyanidins)	

*Full spectrum of mixed tocotrienols and tocopherols ** % Daily Value (DV) not established †Total Weight FoodState Nutrient to Deliver Daily Value

Other Ingredients: Plant Cellulose, Vegetable Lubricant, Silica.

Suggested Use: 3 tablets daily. May be taken anytime throughout the day, even on an empty stomach.

Made with Love by MegaFood, PO Box 325, Derry, NH 03038
To learn more, visit megafood.com or call 800.848.2542

Certified Gluten-Free by QAI

IRON, IODINE, VITAMIN K &
COPPER FREE FORMULA

MegaFood cares about doing things the right way – we refuse to take shortcuts, and we never compromise on quality or the things that matter. Since 1973, we have been going out of our way to source fresh and local foods from trusted farmers. We then make our wholesome supplements using our one-of-a-kind process to deliver the most authentic nutrition - much more than vitamins alone.

FoodState Nutrients™ are made with fresh and local foods. Crafted with our Slo-Food Process™, they deliver the most authentic nourishment available, which we believe the body recognizes as 100% whole food.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.