

MegaFood™

Fresh From Farm To Tablet™

E & Selenium

Nourish • Protect • Renew\*

WHOLE FOOD ANTIOXIDANT  
DIETARY SUPPLEMENT

60  
TABLETS  
60  
SERVINGS



## Supplement Facts

Serving Size 1 Tablet

Servings per Container 60

|                            | Amount per Serving                       | % DV ▼ |
|----------------------------|------------------------------------------|--------|
| <b>FoodState Nutrients</b> |                                          |        |
| Vitamin E* .....           | (200 mg†; Organic Brown Rice) 50 IU      | 167    |
| Selenium .....             | (100 mg†; <i>S. cerevisiae</i> ) 100 mcg | 143    |

**Immune Health Blend**..... 236 mg \*\*  
*S. cerevisiae* (source of naturally occurring beta glucans & glutathione), Organic Broccoli (natural source of sulforaphane)

**Nourishing Whole Food Blend** ..... 192 mg \*\*  
Organic Parsley, Organic Ginger Root, Organic Turmeric Root, Organic Rosemary Leaf, Organic Oregano Leaf, Organic Spinach, Organic Carrot, Organic Beet Root, Organic Rice Bran

\*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:** 1 tablet 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](http://megafood.com) or call 800.848.2542

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.

Certified Gluten-Free by QAI

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Best  
Before:  
Lot#: