

MegaFood™

Fresh From Farm To Tablet™

Men Over 40™

Nourish • Strengthen • Revitalize*

WHOLE FOOD MULTIVITAMIN &
MINERAL DIETARY SUPPLEMENT



90
TABLETS
15
SERVINGS

Supplement Facts

Serving Size 6 Tablets

Servings per Container 15

Amount per Serving	%DV ▼	Amount per Serving	%DV ▼
FoodState Nutrients			
Vitamin A (200 mg†; carrots)	10000 IU 200	Copper (50 mg†; <i>S. cerevisiae</i>)	500 mcg 25
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)		Manganese..... (40 mg†; <i>S. cerevisiae</i>)	2 mg 100
Vitamin C (400 mg†; oranges)	100 mg 167	Chromium (GTF) (60 mg†; <i>S. cerevisiae</i>)	120 mcg 100
Vitamin D3 (20 mg†; <i>S. cerevisiae</i>)	1000 IU 250	Molybdenum..... (25 mg†; <i>S. cerevisiae</i>)	50 mcg 67
Vitamin E* .. (240 mg†; organic brown rice)	60 IU 200	Potassium..... (5106 mg†; <i>S. cerevisiae</i>)	20 mg 1
Vitamin K (7 mg†; cabbage)	65 mcg 81	Boron (50 mg†; <i>S. cerevisiae</i>)	500 mcg **
Thiamine (B-1)..... (24 mg†; <i>S. cerevisiae</i>)	6 mg 400	Body Strengthening Blend	325 mg **
Riboflavin (B-2) (60 mg†; <i>S. cerevisiae</i>)	6 mg 353	Organic Saw Palmetto Berry, Organic Eleuthero Root,	
Niacinamide..... (120 mg†; <i>S. cerevisiae</i>)	30 mg 150	Organic Ashwagandha Root, Organic Blueberry, Organic	
Vitamin B-6..... (50 mg†; <i>S. cerevisiae</i>)	10 mg 500	Hawthorne Berry, Organic Ginkgo Leaf, Organic Nettle Leaf,	
Folate (40 mg†; broccoli)	400 mcg 100	Organic Dandelion Root & Leaf	
Vitamin B-12 (10 mg†; <i>S. cerevisiae</i>)	50 mcg 833	Immune Health Blend	200 mg **
Biotin (60 mg†; organic brown rice)	300 mcg 100	Whole Orange (natural source of bioflavonoids), Wild	
Pantothenic Acid..... (80 mg†; <i>S. cerevisiae</i>)	20 mg 200	Blueberry (natural source of anthocyanins), Cranberry	
Calcium (2000 mg†; <i>S. cerevisiae</i>)	100 mg 10	(natural source of proanthocyanidins), Organic Schisandra,	
Iodine (7 mg†; <i>S. cerevisiae</i>)	100 mcg 67	Organic Astragalus Root, Organic Shiitake Mushroom	
Magnesium..... (2000 mg†; <i>S. cerevisiae</i>)	100 mg 25	Organic Herbal Antioxidants	105 mg **
Zinc (400 mg†; <i>S. cerevisiae</i>)	20 mg 133	Organic Ginger Root, Organic Rosemary, Organic Turmeric,	
Selenium (70 mg†; <i>S. cerevisiae</i>)	70 mcg 100	Organic Oregano Leaf	
		Digestive Enzymes	6 mg **
		Amylase, Cellulase, Protease, Lipase	

*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: 6 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

IRON FREE FORMULA

Certified Gluten-Free by QAI

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.



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Best
Before:
Lot#: