

MegaFood™

Fresh From Farm To Tablet™

Men Over 40™

Nourish • Strengthen • Revitalize*

WHOLE FOOD MULTIVITAMIN &
MINERAL DIETARY SUPPLEMENT



Supplement Facts

Serving Size 6 Tablets

Servings per Container 30

Amount per Serving	%DV ▼
FoodState Nutrients	
Vitamin A (200 mg†; carrots)	10000 IU 200
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)	
Vitamin C (400 mg†; oranges)	100 mg 167
Vitamin D3 (20 mg†; <i>S. cerevisiae</i>)	1000 IU 250
Vitamin E* (240 mg†; organic brown rice)	60 IU 200
Vitamin K (7 mg†; cabbage)	65 mcg 81
Thiamine (B-1)..... (24 mg†; <i>S. cerevisiae</i>)	6 mg 400
Riboflavin (B-2)..... (60 mg†; <i>S. cerevisiae</i>)	6 mg 353
Niacinamide (120 mg†; <i>S. cerevisiae</i>)	30 mg 150
Vitamin B-6..... (50 mg†; <i>S. cerevisiae</i>)	10 mg 500
Folate (40 mg†; broccoli)	400 mcg 100
Vitamin B-12 (10 mg†; <i>S. cerevisiae</i>)	50 mcg 833
Biotin (60 mg†; organic brown rice)	300 mcg 100
Pantothenic Acid.. (80 mg†; <i>S. cerevisiae</i>)	20 mg 200
Calcium (2000 mg†; <i>S. cerevisiae</i>)	100 mg 10
Iodine..... (7 mg†; <i>S. cerevisiae</i>)	100 mcg 67
Magnesium (2000 mg†; <i>S. cerevisiae</i>)	100 mg 25
Zinc..... (400 mg†; <i>S. cerevisiae</i>)	20 mg 133

Amount per Serving	%DV ▼
Selenium (70 mg†; <i>S. cerevisiae</i>)	70 mcg 100
Copper (50 mg†; <i>S. cerevisiae</i>)	500 mcg 25
Manganese..... (40 mg†; <i>S. cerevisiae</i>)	2 mg 100
Chromium (GTF) (60 mg†; <i>S. cerevisiae</i>)	120 mcg 100
Molybdenum (25 mg†; <i>S. cerevisiae</i>)	50 mcg 67
Potassium..... (5106 mg†; <i>S. cerevisiae</i>)	20 mg 1
Boron..... (50 mg†; <i>S. cerevisiae</i>)	500 mcg **
Body Strengthening Blend 325 mg **	
Organic Saw Palmetto Berry, Organic Eleuthero Root, Organic Ashwagandha Root, Organic Blueberry, Organic Hawthorne Berry, Organic Ginkgo Leaf, Organic Nettle Leaf, Organic Dandelion Root & Leaf	
Immune Health Blend 200 mg **	
Whole Orange (natural source of bioflavonoids), Wild Blueberry (natural source of anthocyanins), Cranberry (natural source of proanthocyanidins), Organic Schisandra, Organic Astragalus Root, Organic Shiitake Mushroom	
Organic Herbal Antioxidants 105 mg **	
Organic Ginger Root, Organic Rosemary, Organic Turmeric, 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.

F1228B
Rev: 17 05/12

Best
Before:
Lot#: