



MegaFood™

Fresh From Farm To Tablet™

Vegan Daily™

Nourish • Replenish • Balance*



90
TABLETS
30
SERVINGS

WHOLE FOOD MULTIVITAMIN & MINERAL DIETARY SUPPLEMENT

F1403B
Rev: 2 05/12

Best
Before:
Lot#:



Supplement Facts

Serving Size 3 Tablets Servings per Container 30

	Amount per Serving	% DV ▼
FoodState Nutrients		
Vitamin A	(50 mg†; carrots) 2500 IU	50
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)		
Vitamin C	(75 mg†; oranges)	30 mg 50
Vitamin D2	(50 mg†; S. cerevisiae)	1000 IU 250
Vitamin E*	(40 mg†; organic brown rice)	10 IU 33
Vitamin K	(8 mg†; cabbage)	80 mcg 100
Thiamine (B-1)	(16 mg†; S. cerevisiae)	4 mg 267
Riboflavin (B-2)	(45 mg†; S. cerevisiae)	4.5 mg 265
Niacinamide	(80 mg†; S. cerevisiae)	20 mg 100
Vitamin B-6	(23 mg†; S. cerevisiae)	4.5 mg 225
Folate	(40 mg†; broccoli)	400 mcg 100
Vitamin B-12	(8 mg†; S. cerevisiae)	40 mcg 667
Biotin	(60 mg†; organic brown rice)	300 mcg 100
Pantothenic Acid	(40 mg†; S. cerevisiae)	10 mg 100
Calcium	(800 mg†; S. cerevisiae)	40 mg 4
Iron	(270 mg†; S. cerevisiae)	13.5 mg 75
Iodine	(10 mg†; S. cerevisiae)	150 mcg 100
Magnesium	(900 mg†; S. cerevisiae)	45 mg 11
Zinc	(300 mg†; S. cerevisiae)	15 mg 100

	Amount per Serving	% DV ▼
Selenium	(20 mg†; S. cerevisiae)	20 mcg 29
Copper	(8 mg†; S. cerevisiae)	75 mcg 4
Manganese	(15 mg†; S. cerevisiae)	0.8 mg 38
Chromium (GTF)	(60 mg†; S. cerevisiae)	120 mcg 100
Molybdenum	(15 mg†; S. cerevisiae)	30 mcg 40
Potassium	(2699 mg†; S. cerevisiae)	11 mg 0.3
Boron	(50 mg†; S. cerevisiae)	500 mcg **
Strengthening & Balancing Blend 185 mg **		
Organic Ashwagandha, Organic Eleuthero, Organic Astragalus, Organic Schizandra, Organic Amla, Organic Beet Root		
FoodState Farm Fresh Fruit Blend 25 mg **		
A Blend of Oranges (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.

Certified Gluten-Free by QAI

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

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Made with Love by MegaFood, PO Box 325, Derry, NH 03038

To learn more, visit 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.