

MegaFood™

Fresh From Farm To Tablet™

Men's One Daily

Nourish • Energize • Restore*



WHOLE FOOD MULTIVITAMIN &
MINERAL DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Tablet

Servings per Container 60

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 (240 mg†; oranges)	60 mg 100
Vitamin D3 (8 mg†; <i>S. cerevisiae</i>)	400 IU 100
Vitamin E* (60 mg†; organic brown rice)	15 IU 50
Vitamin K (3 mg†; cabbage)	32 mcg 40
Thiamine (B-1) .. (16 mg†; <i>S. cerevisiae</i>)	4 mg 267
Riboflavin (B-2) (30 mg†; <i>S. cerevisiae</i>)	3 mg 176
Niacinamide (80 mg†; <i>S. cerevisiae</i>)	20 mg 100
Vitamin B-6 (15 mg†; <i>S. cerevisiae</i>)	3 mg 150
Folate (40 mg†; broccoli)	400 mcg 100
Vitamin B-12 (3 mg†; <i>S. cerevisiae</i>)	15 mcg 250
Biotin (24 mg†; organic brown rice)	120 mcg 40
Pantothenic Acid (40 mg†; <i>S. cerevisiae</i>)	10 mg 100
Calcium (40 mg†; <i>S. cerevisiae</i>)	2 mg <1
Iodine (4 mg†; <i>S. cerevisiae</i>)	60 mcg 40
Magnesium (40 mg†; <i>S. cerevisiae</i>)	2 mg 1

Amount per Serving	% DV ▼
Zinc (300 mg†; <i>S. cerevisiae</i>)	15 mg 100
Selenium (32 mg†; <i>S. cerevisiae</i>)	32 mcg 46
Copper (5 mg†; <i>S. cerevisiae</i>)	50 mcg 3
Manganese (20 mg†; <i>S. cerevisiae</i>)	1 mg 50
Chromium (GTF) (30 mg†; <i>S. cerevisiae</i>)	60 mcg 50
Molybdenum ... (10 mg†; <i>S. cerevisiae</i>)	20 mcg 27
Potassium (763 mg†; <i>S. cerevisiae</i>)	4 mg <1
Boron (50 mg†; <i>S. cerevisiae</i>)	500 mcg **
Immune Health Blend 53 mg **	
Organic Astragalus, Whole Orange (natural source bioflavonoids), Organic Eleuthero Root, Wild Blueberry (natural source anthocyanins), Cranberry (natural source proanthocyanidins), Organic Schisandra Berry, Organic Shiitake Mushroom	
Body Strengthening Blend 35 mg **	
Fo-Ti Root, Organic Ginger Root, Organic Saw Palmetto Berry, Organic Nettle Leaf, Organic Dandelion Leaf & Root	

*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 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.