

MegaFood™

Fresh From Farm To Tablet™

Men's

Nourish • Energize • Restore*

F1234B
Rev: 21 04/13

Lot#:
Best
Before:

180
TABLETS
60
SERVINGS

WHOLE FOOD MULTIVITAMIN &
MINERAL DIETARY SUPPLEMENT



Supplement Facts

Serving Size 3 Tablets

Servings per Container 60

Amount per Serving	% DV ▼	Amount per Serving	% DV ▼
FoodState Nutrients			
Vitamin A(200 mg; carrots)	10000 IU 200	Zinc.....(300 mg; <i>S. cerevisiae</i>)	15 mg 100
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)		Selenium.....(70 mg; <i>S. cerevisiae</i>)	70 mcg 100
Vitamin C(480 mg; oranges)	120 mg 200	Copper(10 mg; <i>S. cerevisiae</i>)	100 mcg 5
Vitamin D3(20 mg; <i>S. cerevisiae</i>)	1000 IU 250	Manganese.....(40 mg; <i>S. cerevisiae</i>)	2 mg 100
Vitamin E* (300 mg; organic brown rice)	75 IU 250	Chromium (GTF).....(25 mg; <i>S. cerevisiae</i>)	50 mcg 42
Vitamin K(6 mg; cabbage)	60 mcg 75	Molybdenum.....(5 mg; <i>S. cerevisiae</i>)	10 mcg 13
Thiamine (B-1)(44 mg; <i>S. cerevisiae</i>)	11 mg 733	Potassium.....(1667 mg; <i>S. cerevisiae</i>)	7 mg <1
Riboflavin (B-2) ..(100 mg; <i>S. cerevisiae</i>)	10 mg 588	Boron.....(50 mg; <i>S. cerevisiae</i>)	500 mcg **
Niacinamide(100 mg; <i>S. cerevisiae</i>)	25 mg 125	Body Strengthening Blend 250 mg **	
Vitamin B-6(60 mg; <i>S. cerevisiae</i>)	12 mg 600	Organic Eleuthero Root, Fo-Ti Root, Organic Ginkgo Leaf,	
Folate(40 mg; broccoli)	400 mcg 100	Organic Hawthorne Berry, Organic Ginger Root, Organic	
Vitamin B-12(4 mg; <i>S. cerevisiae</i>)	20 mcg 333	Nettle Leaf, Organic Saw Palmetto Berry, Organic	
Biotin(60 mg; organic brown rice)	300 mcg 100	Dandelion Leaf & Root	
Pantothenic Acid ..(92 mg; <i>S. cerevisiae</i>)	23 mg 230	Immune Health Blend 125 mg **	
Calcium.....(300 mg; <i>S. cerevisiae</i>)	15 mg 2	Whole Orange (natural source bioflavonoids), Wild	
Iodine.....(7 mg; <i>S. cerevisiae</i>)	100 mcg 67	Blueberry (natural source anthocyanins), Cranberry	
Magnesium(400 mg; <i>S. cerevisiae</i>)	20 mg 5	(natural source proanthocyanidins), Organic	
		Schisandra Berry, Organic Astragalus Root, Organic	
		Shiitake Mushroom	

*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: 3 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.