



F1223B
Rev: 24 05/12

Best
Before:
Lot#:

MegaFood™

Fresh From Farm To Tablet™

One Daily

Nourish • Balance • Replenish*



60
TABLETS
60
SERVINGS

WHOLE FOOD MULTIVITAMIN &
MINERAL DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Tablet

Servings per Container 60

Amount per Serving		% DV ▼	Amount per Serving		% DV ▼
FoodState Nutrients 🍌					
Vitamin A	(100 mg†; carrots)	5000 IU 100	Iodine	(5 mg†; <i>S. cerevisiae</i>)	75 mcg 50
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)			Magnesium.....	(40 mg†; <i>S. cerevisiae</i>)	2 mg <1
Vitamin C.....	(240 mg†; oranges)	60 mg 100	Zinc.....	(120 mg†; <i>S. cerevisiae</i>)	6 mg 40
Vitamin D3.....	(8 mg†; <i>S. cerevisiae</i>)	400 IU 100	Selenium	(25 mg†; <i>S. cerevisiae</i>)	25 mcg 36
Vitamin E* (60 mg†; organic brown rice)	15 IU	50	Copper.....	(10 mg†; <i>S. cerevisiae</i>)	100 mcg 5
Vitamin K.....	(7 mg†; cabbage)	65 mcg 81	Manganese.....	(24 mg†; <i>S. cerevisiae</i>)	1.2 mg 60
Thiamine (B-1)....	(20 mg†; <i>S. cerevisiae</i>)	5 mg 333	Chromium (GTF) ..	(23 mg†; <i>S. cerevisiae</i>)	45 mcg 38
Riboflavin (B-2) ..	(50 mg†; <i>S. cerevisiae</i>)	5 mg 294	Molybdenum	(10 mg†; <i>S. cerevisiae</i>)	20 mcg 27
Niacinamide.....	(80 mg†; <i>S. cerevisiae</i>)	20 mg 100	Potassium	(708 mg†; <i>S. cerevisiae</i>)	4 mg <1
Vitamin B-6.....	(30 mg†; <i>S. cerevisiae</i>)	6 mg 300	Boron..... (50 mg†; <i>S. cerevisiae</i>) 500 mcg **		
Folate.....	(40 mg†; broccoli)	400 mcg 100	FoodState Farm Fresh Fruit Blend 10 mg **		
Vitamin B-12.....	(3 mg†; <i>S. cerevisiae</i>)	15 mcg 250	Whole Orange (natural source bioflavonoids), Wild Blueberry (natural source anthocyanins), Cranberry (natural source proanthocyanidins)		
Biotin.....	(60 mg†; organic brown rice)	300 mcg 100	Digestive Enzymes 6 mg **		
Pantothenic Acid	(40 mg†; <i>S. cerevisiae</i>)	10 mg 100	Amylase, Cellulase, Protease, Lipase		
Calcium	(40 mg†; <i>S. cerevisiae</i>)	2 mg <1			
Iron	(90 mg†; <i>S. cerevisiae</i>)	4.5 mg 25			

*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: 1 tablet 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.