

MegaFood®

Fresh From Farm To Tablet™

One Daily Iron Free

Nourish • Balance • Replenish

**WHOLE FOOD MULTIVITAMIN &
MINERAL DIETARY SUPPLEMENT**



Supplement Facts

Serving Size 1 Tablet

Servings per Container 30

Amount per Serving	% DV	
FoodState Nutrients		
Vitamin A (50 mg†; carrot)	2500 IU	50
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin)		
Vitamin C..... (240 mg†; organic orange)	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..... (7 mg†; cabbage)	65 mcg	81
Thiamine (B-1)..... (20 mg†; <i>S. cerevisiae</i>)	5 mg	333
Riboflavin (B-2) ... (50 mg†; <i>S. cerevisiae</i>)	5 mg	294
Niacinamide..... (80 mg†; <i>S. cerevisiae</i>)	20 mg	100
Vitamin B-6..... (30 mg†; <i>S. cerevisiae</i>)	6 mg	300
Folate..... (40 mg†; broccoli)	400 mcg	100
Vitamin B-12..... (3 mg†; <i>S. cerevisiae</i>)	15 mcg	250
Biotin..... (60 mg†; organic brown rice)	300 mcg	100
Pantothenic Acid.. (40 mg†; <i>S. cerevisiae</i>)	10 mg	100

Amount per Serving	% DV	
Calcium..... (40 mg†; <i>S. cerevisiae</i>)	2 mg	<1
Iodine..... (5 mg†; <i>S. cerevisiae</i>)	75 mcg	50
Magnesium (40 mg†; <i>S. cerevisiae</i>)	2 mg	<1
Zinc..... (100 mg†; <i>S. cerevisiae</i>)	5 mg	33
Selenium..... (25 mg†; <i>S. cerevisiae</i>)	25 mcg	36
Copper (10 mg†; <i>S. cerevisiae</i>)	100 mcg	5
Manganese..... (24 mg†; <i>S. cerevisiae</i>)	1.2 mg	60
Chromium (GTF) ... (23 mg†; <i>S. cerevisiae</i>)	45 mcg	38
Molybdenum..... (15 mg†; <i>S. cerevisiae</i>)	30 mcg	40
Potassium..... (603 mg†; <i>S. cerevisiae</i>)	3 mg	<1
Boron..... (50 mg†; <i>S. cerevisiae</i>)	500 mcg	**
FoodState® Farm Fresh Fruit Blend 10 mg **		
Organic Whole Orange (natural source bioflavonoids), Organic Blueberry (natural source anthocyanins), Organic 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.

IRON FREE FORMULA

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

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.