



2

F1268B
Rev: 1 08/12Best
Before:
Lot#:

MegaFood™

Fresh From Farm To Tablet™

Men Over 55™

Nourish • Protect • Perform*

**60**
TABLETS
30
SERVINGS**WHOLE FOOD MULTIVITAMIN &
MINERAL DIETARY SUPPLEMENT**

Supplement Facts

Serving Size 2 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 (150 mg†; oranges)	60 mg	100
Vitamin D3 (20 mg†; <i>S. cerevisiae</i>)	1000 IU	250
Vitamin E* (28 mg†; organic brown rice)	7 IU	23
Thiamine (B-1) (12 mg†; <i>S. cerevisiae</i>)	3 mg	200
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 (20 mg†; broccoli)	200 mcg	50
Vitamin B-12 (5 mg†; <i>S. cerevisiae</i>)	25 mcg	417
Biotin (40 mg†; organic brown rice)	200 mcg	67
Pantothenic Acid (32 mg†; <i>S. cerevisiae</i>)	8 mg	80
Magnesium (400 mg†; <i>S. cerevisiae</i>)	20 mg	5

Amount per Serving	% DV	
Zinc (120 mg†; <i>S. cerevisiae</i>)	6 mg	40
Selenium (8 mg†; <i>S. cerevisiae</i>)	7.5 mcg	11
Copper (20 mg†; <i>S. cerevisiae</i>)	200 mcg	10
Manganese (20 mg†; <i>S. cerevisiae</i>)	1 mg	50
Chromium (GTF) (60 mg†; <i>S. cerevisiae</i>)	120 mcg	100
Molybdenum (10 mg†; <i>S. cerevisiae</i>)	20 mcg	27
Potassium (843 mg†; <i>S. cerevisiae</i>)	4 mg	<1
Boron (10 mg†; <i>S. cerevisiae</i>)	100 mcg	**
Organic Tomato Fruit	125 mg	**
Pumpkin Seed Extract	100 mg	**
Wild Blueberry Fruit	75 mg	**
Pomegranate (Fruit Extract)	50 mg	**
Organic Eleuthero Root	25 mg	**

*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:** 2 tablets daily. May be taken anytime throughout the day,
even on an empty stomach.**Certified Gluten-Free by QAI****IRON, VITAMIN K, IODINE &
CALCIUM FREE FORMULA**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.