

MegaFood™

Fresh From Farm To Tablet™

Men Over 40™ One Daily

Nourish • Strengthen • Revitalize*



WHOLE FOOD MULTIVITAMIN &
MINERAL DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Tablet

Servings per Container 90

Amount per Serving	%DV ▼	Amount per Serving	%DV ▼
FoodState Nutrients			
Vitamin A (45 mg†; carrots)	2250 IU 45	Selenium..... (14 mcg†; <i>S. cerevisiae</i>)	14 mcg 20
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)		Copper..... (30 mcg†; <i>S. cerevisiae</i>)	300 mcg 15
Vitamin C (240 mg†; oranges)	60 mg 100	Manganese..... (20 mcg†; <i>S. cerevisiae</i>)	1 mg 50
Vitamin D3..... (8 mcg†; <i>S. cerevisiae</i>)	400 IU 100	Chromium (GTF) (30 mcg†; <i>S. cerevisiae</i>)	60 mcg 50
Vitamin E* (72 mg†; organic brown rice)	18 IU 60	Molybdenum.... (20 mcg†; <i>S. cerevisiae</i>)	40 mcg 53
Vitamin K (2 mg†; cabbage)	15 mcg 19	Potassium..... (746 mg†; <i>S. cerevisiae</i>)	4 mg <1
Thiamine (B-1) (16 mg†; <i>S. cerevisiae</i>)	4 mg 267	Boron..... (50 mcg†; <i>S. cerevisiae</i>)	500 mcg **
Riboflavin (B-2) (30 mg†; <i>S. cerevisiae</i>)	3 mg 176	Longevity Blend	75 mg **
Niacinamide (80 mg†; <i>S. cerevisiae</i>)	20 mg 100	Organic Saw Palmetto Berry, Organic Ashwagandha Root,	
Vitamin B-6..... (15 mcg†; <i>S. cerevisiae</i>)	3 mg 150	Organic Ginkgo Leaf, Organic Hawthorne Berry, Organic	
Folate (40 mcg†; broccoli)	400 mcg 100	Nettle Leaf, Organic Turmeric Root, Organic Ginger Root,	
Vitamin B-12..... (3 mcg†; <i>S. cerevisiae</i>)	15 mcg 250	Organic Dandelion Leaf & Root, Organic Oregano Leaf	
Biotin (16 mcg†; organic brown rice)	80 mcg 27	Immune Health Blend	40 mg **
Pantothenic Acid (40 mcg†; <i>S. cerevisiae</i>)	10 mg 100	Organic Astragalus Root, Organic Eleuthero Root,	
Calcium..... (20 mcg†; <i>S. cerevisiae</i>)	1 mg <1	Whole Orange (natural source bioflavonoids), Wild	
Iodine..... (10 mcg†; <i>S. cerevisiae</i>)	150 mcg 100	Blueberry (natural source anthocyanins), Cranberry	
Magnesium..... (20 mcg†; <i>S. cerevisiae</i>)	1 mg <1	(natural source proanthocyanidins), Organic	
Zinc..... (300 mcg†; <i>S. cerevisiae</i>)	15 mg 100	Schisandra Berry, Organic Shiitake Mushroom	
		Digestive Enzymes	3 mg **
		Amylase, Cellulase, Protease, Lipase	

*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

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.



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Best
Before:
Lot#: