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Rev: 1 1/13
Best
Before:
Lot#:



MegaFood™

Fresh From Farm To Tablet™

Men Over 40™

Nourish • Strengthen • Revitalize*



180
TABLETS
90
SERVINGS

WHOLE FOOD MULTIVITAMIN &
MINERAL DIETARY SUPPLEMENT



Supplement Facts

Serving Size 2 Tablets Servings per Container 90

Amount per Serving	%DV ▼
FoodState Nutrients	
Vitamin A(40 mg†; carrots) 2000 IU	40
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)	
Vitamin C(240 mg†; oranges)	60 mg 100
Vitamin D3(20 mg†; <i>S. cerevisiae</i>)	1000 IU 250
Vitamin E* (60 mg†; organic brown rice)	15 IU 50
Vitamin K(2 mg†; cabbage)	20 mcg 25
Thiamine (B-1) ... (10 mg†; <i>S. cerevisiae</i>)	2.5 mg 167
Riboflavin (B-2) .. (28 mg†; <i>S. cerevisiae</i>)	2.8 mg 165
Niacinamide(80 mg†; <i>S. cerevisiae</i>)	20 mg 100
Vitamin B-6(10 mg†; <i>S. cerevisiae</i>)	2 mg 100
Folate(20 mg†; broccoli)	200 mcg 50
Vitamin B-12(5 mg†; <i>S. cerevisiae</i>)	25 mcg 417
Biotin (11 mg†; organic brown rice)	55 mcg 18
Pantothenic Acid (20 mg†; <i>S. cerevisiae</i>)	5 mg 50

Amount per Serving	%DV ▼
Calcium..... (100 mg†; <i>S. cerevisiae</i>)	5 mg 1
Iodine..... (5 mg†; <i>S. cerevisiae</i>)	75 mcg 50
Magnesium (600 mg†; <i>S. cerevisiae</i>)	30 mg 8
Zinc..... (Amino Acid Chelate)	12 mg 80
Selenium..... (30 mg†; <i>S. cerevisiae</i>)	30 mcg 43
Copper (15 mg†; <i>S. cerevisiae</i>)	150 mcg 8
Manganese..... (20 mg†; <i>S. cerevisiae</i>)	1 mg 50
Chromium (GTF) (50 mg†; <i>S. cerevisiae</i>)	100 mcg 83
Molybdenum..... (15 mg†; <i>S. cerevisiae</i>)	30 mcg 40
Potassium..... (1038 mg†; <i>S. cerevisiae</i>)	4 mg <1
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Boron..... (10 mg†; <i>S. cerevisiae</i>)	100 mcg **
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Organic Ashwagandha Root.....	125 mg **
Saw Palmetto Fruit Extract.....	125 mg **
Pumpkin Seed Extract	75 mg **
Wild Blueberry Fruit Extract	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.

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

Learn more about our *California Blend*
at megafood.com/prop65

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.