



7

F1280B  
Rev: 1 1/13Best  
Before:  
Lot#:California  
Blend

MegaFood™

Fresh From Farm To Tablet™

Men's

Nourish • Energize • Restore\*

WHOLE FOOD MULTIVITAMIN &  
MINERAL DIETARY SUPPLEMENT90  
TABLETS  
45  
SERVINGS

## Supplement Facts

Serving Size 2 Tablets

Servings per Container 45

| Amount per Serving                                                                               | % DV        |
|--------------------------------------------------------------------------------------------------|-------------|
| <b>FoodState Nutrients</b>                                                                       |             |
| Vitamin A ..... (50 mg†; carrots)                                                                | 2500 IU 50  |
| As Alpha & Beta Carotene with Mixed Carotenoids<br>(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* .. (80 mg†; organic brown rice)                                                       | 20 IU 67    |
| Vitamin K ..... (5 mg†; cabbage)                                                                 | 45 mcg 56   |
| Thiamine (B-1) .... (12 mg†; <i>S. cerevisiae</i> )                                              | 3 mg 200    |
| 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 ..... (13 mg†; <i>S. cerevisiae</i> )                                                | 2.5 mg 125  |
| Folate ..... (40 mg†; broccoli)                                                                  | 400 mcg 100 |
| Vitamin B-12 ..... (4 mg†; <i>S. cerevisiae</i> )                                                | 18 mcg 300  |
| Biotin ..... (30 mg†; organic brown rice)                                                        | 150 mcg 50  |
| Pantothenic Acid (40 mg†; <i>S. cerevisiae</i> )                                                 | 10 mg 100   |
| Calcium ..... (160 mg†; <i>S. cerevisiae</i> )                                                   | 8 mg 1      |

| Amount per Serving                                   | % DV       |
|------------------------------------------------------|------------|
| Iodine..... (5 mg†; <i>S. cerevisiae</i> )           | 80 mcg 53  |
| Magnesium ..... (600 mg†; <i>S. cerevisiae</i> )     | 30 mg 8    |
| Zinc..... (Amino Acid Chelate)                       | 10 mg 67   |
| Selenium ..... (20 mg†; <i>S. cerevisiae</i> )       | 20 mcg 29  |
| Copper ..... (20 mg†; <i>S. cerevisiae</i> )         | 200 mcg 10 |
| Manganese..... (40 mg†; <i>S. cerevisiae</i> )       | 2 mg 100   |
| Chromium (GTF) ..... (55 mg†; <i>S. cerevisiae</i> ) | 110 mcg 92 |
| Molybdenum ..... (19 mg†; <i>S. cerevisiae</i> )     | 38 mcg 51  |
| Potassium ..... (1170 mg†; <i>S. cerevisiae</i> )    | 5 mg <1    |
| Boron ..... (15 mg†; <i>S. cerevisiae</i> )          | 150 mcg ** |
| Organic Ashwagandha Root.....                        | 50 mg **   |
| Saw Palmetto Fruit Extract.....                      | 50 mg **   |
| Organic Schisandra Berry .....                       | 45 mg **   |
| Cranberry Fruit Extract.....                         | 30 mg **   |
| Wild Blueberry Fruit Extract .....                   | 30 mg **   |
| Organic Eleuthero Root.....                          | 15 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.

IRON FREE FORMULA

Certified Gluten-Free by QAI

Learn more about our *California Blend*  
at [megafood.com/prop65](http://megafood.com/prop65)

Made with Love by MegaFood, PO Box 325, Derry, NH 03038

To learn more, visit [megafood.com](http://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.