



F1280B  
Rev: 1 1/13

Best  
Before:  
Lot#:



# MegaFood™

## Fresh From Farm To Tablet™

# Men's

### Nourish • Energize • Restore\*



180  
TABLETS

90  
SERVINGS

WHOLE FOOD MULTIVITAMIN &  
MINERAL DIETARY SUPPLEMENT



# Supplement Facts

Serving Size 2 Tablets

Servings per Container 90

| 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    |
| <hr/>                                                |            |
| Boron..... (15 mg†; <i>S. cerevisiae</i> )           | 150 mcg ** |
| <hr/>                                                |            |
| 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.

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

IRON FREE FORMULA

Certified Gluten-Free by QAI

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