



MegaFood™

Fresh From Farm To Tablet™

One Daily

Nourish • Balance • Replenish*

F1223B
Rev: 1 01/13
Best Before:
Lot#:



14 TABLETS
14 SERVINGS

WHOLE FOOD MULTIVITAMIN & MINERAL DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Tablet

Servings per Container 14

	Amount per Serving	% DV ▼
FoodState Nutrients		
Vitamin A	(100 mg [†] ; carrots)	5000 IU 100
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)		
Vitamin C	(240 mg [†] ; oranges)	60 mg 100
Vitamin D3	(8 mg [†] ; <i>S. cerevisiae</i>)	400 IU 100
Vitamin E*	(60 mg [†] ; organic brown rice)	15 IU 50
Vitamin K	(7 mg [†] ; cabbage)	65 mcg 81
Thiamine (B-1)	(20 mg [†] ; <i>S. cerevisiae</i>)	5 mg 333
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	(40 mg [†] ; broccoli)	400 mcg 100
Vitamin B-12	(3 mg [†] ; <i>S. cerevisiae</i>)	15 mcg 250
Biotin	(60 mg [†] ; organic brown rice)	300 mcg 100
Pantothenic Acid	(40 mg [†] ; <i>S. cerevisiae</i>)	10 mg 100
Calcium	(40 mg [†] ; <i>S. cerevisiae</i>)	2 mg <1
Iron	(90 mg [†] ; <i>S. cerevisiae</i>)	4.5 mg 25

	Amount per Serving	% DV ▼
Iodine	(5 mg [†] ; <i>S. cerevisiae</i>)	75 mcg 50
Magnesium	(40 mg [†] ; <i>S. cerevisiae</i>)	2 mg <1
Zinc	(120 mg [†] ; <i>S. cerevisiae</i>)	6 mg 40
Selenium	(25 mg [†] ; <i>S. cerevisiae</i>)	25 mcg 36
Copper	(10 mg [†] ; <i>S. cerevisiae</i>)	100 mcg 5
Manganese	(24 mg [†] ; <i>S. cerevisiae</i>)	1.2 mg 60
Chromium (GTF)	(23 mg [†] ; <i>S. cerevisiae</i>)	45 mcg 38
Molybdenum	(10 mg [†] ; <i>S. cerevisiae</i>)	20 mcg 27
Potassium	(708 mg [†] ; <i>S. cerevisiae</i>)	4 mg <1
Boron	(50 mg [†] ; <i>S. cerevisiae</i>)	500 mcg **
FoodState Farm Fresh Fruit Blend 10 mg **		
Whole Orange (natural source bioflavonoids), Wild Blueberry (natural source anthocyanins), Cranberry (natural source proanthocyanidins)		
Digestive Enzymes 6 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 Lubricant, Vegetable Cellulose, Silica.

Certified Gluten-Free by QAI

Suggested Use: 1 tablet daily. May be taken anytime throughout the day, even on an empty stomach.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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.