

MegaFood®

Fresh From Farm To Tablet™

Men's One Daily

Nourish • Energize • Restore

MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT



90
TABLETS
90
SERVINGS

Supplement Facts

Serving Size 1 Tablet

Servings per Container 90

Amount per Serving		%DV ▼	Amount per Serving		%DV ▼	
FoodState Nutrients 						
Vitamin A	(50 mg†; carrot)	2500 IU 50	Selenium	(32 mg†; <i>S. cerevisiae</i>)	32 mcg 46	
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin)			Copper	(5 mg†; <i>S. cerevisiae</i>)	50 mcg 3	
Vitamin C	(240 mg†; organic orange)	60 mg 100	Manganese	(20 mg†; <i>S. cerevisiae</i>)	1 mg 50	
Vitamin D3	(8 mg†; <i>S. cerevisiae</i>)	400 IU 100	Chromium (GTF) (30 mg†; <i>S. cerevisiae</i>)		60 mcg 50	
Vitamin E* (60 mg†; organic brown rice)		15 IU 50	Molybdenum	(10 mg†; <i>S. cerevisiae</i>)	20 mcg 27	
Vitamin K	(3 mg†; cabbage)	32 mcg 40	Potassium	(763 mg†; <i>S. cerevisiae</i>)	4 mg <1	
Thiamine (B-1) (16 mg†; <i>S. cerevisiae</i>)		4 mg 267	Boron	(50 mg†; <i>S. cerevisiae</i>)	500 mcg **	
Riboflavin (B-2) (30 mg†; <i>S. cerevisiae</i>)		3 mg 176	Immune Heath Blend			53 mg **
Niacinamide (80 mg†; <i>S. cerevisiae</i>)		20 mg 100	Organic Eleuthero Root, Organic Astragalus Root, Organic Schisandra Berry, Organic Whole Orange (natural source bioflavonoids), Organic Blueberry (natural source anthocyanins), Organic Cranberry (natural source proanthocyanidins), Organic Shiitake Mushroom			
Vitamin B-6	(15 mg†; <i>S. cerevisiae</i>)	3 mg 150	Body Strengthening Blend			35 mg **
Folate	(40 mg†; broccoli)	400 mcg 100	Fo-Ti Root, Organic Ginger Root, Organic Saw Palmetto Berry, Organic Nettle Leaf, Organic Dandelion Leaf & Root			
Vitamin B-12	(3 mg†; <i>S. cerevisiae</i>)	15 mcg 250				
Biotin	(24 mg†; organic brown rice)	120 mcg 40				
Pantothenic Acid (40 mg†; <i>S. cerevisiae</i>)		10 mg 100				
Calcium	(40 mg†; <i>S. cerevisiae</i>)	2 mg <1				
Iodine	(4 mg†; <i>S. cerevisiae</i>)	60 mcg 40				
Magnesium	(40 mg†; <i>S. cerevisiae</i>)	2 mg 1				
Zinc	(300 mg†; <i>S. cerevisiae</i>)	15 mg 100				

*Full spectrum of mixed tocotrienols and tocopherols ** % Daily Value (DV) not established †Total Weight FoodState Nutrient to Deliver Daily Value

Other Ingredients: Vegetable Lubricant, Silica, Plant Cellulose.

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

IRON FREE FORMULA

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, real foods to provide essential vitamins and minerals that are easy-to-digest and gentle on the body, even when taken on an empty stomach.

