

# MegaFood®

Fresh From Farm To Tablet™

## Vitamin D3 1000 IU

**Nourish • Replenish • Boost**



VITAMIN  
DIETARY SUPPLEMENT



## Supplement Facts

Serving Size 1 Tablet

Servings per Container 30

|                                                                                                                                    | Amount per Serving              | % DV    |     |
|------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|---------|-----|
| <b>FoodState Nutrients</b>                                                                                                         |                                 |         |     |
| Vitamin D3                                                                                                                         | (20 mg†; <i>S. cerevisiae</i> ) | 1000 IU | 250 |
| <b>Immune Health Blend</b>                                                                                                         |                                 | 253 mg  | **  |
| <i>S. cerevisiae</i> (source of naturally occurring beta glucans & glutathione), Organic Broccoli (natural source of sulforaphane) |                                 |         |     |
| <b>Nourishing Whole Food Blend</b>                                                                                                 |                                 | 77 mg   | **  |
| Organic Parsley, Organic Carrot, Organic Beet Root, Organic Rice Bran                                                              |                                 |         |     |

\*\* % Daily Value (DV) not established

†Total Weight FoodState Nutrient to Deliver Daily Value

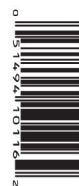
**Other Ingredients:** Plant Cellulose, Vegetable Lubricant, Silica.

**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](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, 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.



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Best  
Before:  
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