



F1332B
Rev: 3 09/15
Best Before:
Lot#:

MegaFood®

Fresh From Farm To Tablet™

Men's One Daily

Nourish • Energize • Restore



30
TABLETS
30
SERVINGS

MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Tablet

Servings per Container 30

Amount per Serving	% DV	
FoodState Nutrients		
Vitamin A (50 mg†; carrot)	2500 IU	50
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin)		
Vitamin C..... (240 mg†; organic orange)	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..... (3 mg†; cabbage)	32 mcg	40
Thiamine (B-1).... (16 mg†; <i>S. cerevisiae</i>)	4 mg	267
Riboflavin (B-2) (30 mg†; <i>S. cerevisiae</i>)	3 mg	176
Niacinamide..... (80 mg†; <i>S. cerevisiae</i>)	20 mg	100
Vitamin B-6..... (15 mg†; <i>S. cerevisiae</i>)	3 mg	150
Folate..... (40 mg†; broccoli)	400 mcg	100
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

Amount per Serving	% DV	
Zinc..... (300 mg†; <i>S. cerevisiae</i>)	15 mg	100
Selenium (32 mg†; <i>S. cerevisiae</i>)	32 mcg	46
Copper..... (5 mg†; <i>S. cerevisiae</i>)	50 mcg	3
Manganese..... (20 mg†; <i>S. cerevisiae</i>)	1 mg	50
Chromium (GTF)..... (30 mg†; <i>S. cerevisiae</i>)	60 mcg	50
Molybdenum (10 mg†; <i>S. cerevisiae</i>)	20 mcg	27
Potassium (763 mg†; <i>S. cerevisiae</i>)	4 mg	<1
Boron..... (50 mg†; <i>S. cerevisiae</i>)	500 mcg	**
Immune Health Blend 53 mg **		
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		
Body Strengthening Blend 35 mg **		
Fo-Ti Root, Organic Ginger Root, Organic Saw Palmetto Berry, Organic Nettle Leaf, Organic Dandelion Leaf & Root		

*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.

