

MegaFood®

Fresh From Farm To Tablet™

Men's One Daily

Nourish • Energize • Restore



MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Tablet

Servings per Container 60

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

*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.

