

MegaFood®

Fresh From Farm To Tablet™

E & Selenium

Nourish • Protect • Renew

ANTIOXIDANT
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Tablet Servings per Container 30

	Amount per Serving	% DV ▼
FoodState Nutrients		
Vitamin E*	(200 mg†; Organic Brown Rice) 50 IU	167
Selenium	(100 mg†; <i>S. cerevisiae</i>) 100 mcg	143
Immune Health Blend		
<i>S. cerevisiae</i> (source of naturally occurring beta glucans & glutathione), Organic Broccoli (natural source of sulforaphane)		235 mg **
Nourishing Whole Food Blend		
Organic Ginger Root, Organic Turmeric Root, Organic Parsley, Organic Rosemary Leaf, Organic Oregano Leaf, Organic Carrot, Organic Spinach, Organic Beet Root		155 mg **

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

Other Ingredients: Plant Cellulose, Silica, Vegetable Lubricant, Organic Brown Rice.

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

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.

