



F1344B

Rev: 2 01/15

Best
Before:
Lot#:

MegaFood®

Fresh From Farm To Tablet™

Men's

Nourish • Energize • Restore



60
TABLETS
20
SERVINGS

WHOLE FOOD MULTIVITAMIN &
MINERAL DIETARY SUPPLEMENT



Supplement Facts

Serving Size 3 Tablets

Servings per Container 20

Amount per Serving	% DV ▼
FoodState Nutrients	
Vitamin A (100 mg†; carrot)	5000 IU 100
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin)	
Vitamin C (480 mg†; organic orange)	120 mg 200
Vitamin D3 (20 mg†; <i>S. cerevisiae</i>)	1000 IU 250
Vitamin E* (300 mg†; organic brown rice)	75 IU 250
Vitamin K (6 mg†; cabbage)	60 mcg 75
Thiamine (B-1) (44 mg†; <i>S. cerevisiae</i>)	11 mg 733
Riboflavin (B-2) .. (100 mg†; <i>S. cerevisiae</i>)	10 mg 588
Niacinamide (100 mg†; <i>S. cerevisiae</i>)	25 mg 125
Vitamin B-6 (60 mg†; <i>S. cerevisiae</i>)	12 mg 600
Folate (40 mg†; broccoli)	400 mcg 100
Vitamin B-12 (4 mg†; <i>S. cerevisiae</i>)	20 mcg 333
Biotin (60 mg†; organic brown rice)	300 mcg 100
Pantothenic Acid .. (92 mg†; <i>S. cerevisiae</i>)	23 mg 230
Calcium (300 mg†; <i>S. cerevisiae</i>)	15 mg 2
Iodine (7 mg†; <i>S. cerevisiae</i>)	100 mcg 67
Magnesium (400 mg†; <i>S. cerevisiae</i>)	20 mg 5

Amount per Serving	% DV ▼
Zinc (300 mg†; <i>S. cerevisiae</i>)	15 mg 100
Selenium (70 mg†; <i>S. cerevisiae</i>)	70 mcg 100
Copper (10 mg†; <i>S. cerevisiae</i>)	100 mcg 5
Manganese (40 mg†; <i>S. cerevisiae</i>)	2 mg 100
Chromium (GTF) (25 mg†; <i>S. cerevisiae</i>)	50 mcg 42
Molybdenum (5 mg†; <i>S. cerevisiae</i>)	10 mcg 13
Potassium (1667 mg†; <i>S. cerevisiae</i>)	7 mg <1
Boron (50 mg†; <i>S. cerevisiae</i>)	500 mcg **

Body Strengthening Blend 250 mg **
Organic Eleuthero Root, Fo-Ti Root, Organic Ginkgo Leaf, Organic Hawthorn Berry, Organic Ginger Root, Organic Nettle Leaf, Organic Saw Palmetto Berry, Organic Dandelion Leaf & Root

Immune Health Blend 125 mg **
Organic Whole Orange (natural source bioflavonoids), Organic Blueberry (natural source anthocyanins), Organic Cranberry (natural source proanthocyanidins), Organic Schisandra Berry, Organic Astragalus Root, Organic Shiitake Mushroom

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

Other Ingredients: Plant Cellulose, Vegetable Lubricant, Silica.

IRON FREE FORMULA

Suggested Use: 3 tablets 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 and local foods. Crafted with our Slo-Food Process™, they deliver the most authentic nourishment available, which we believe the body recognizes as 100% whole food.