

MegaFood®

Fresh From Farm To Tablet™

One Daily

Nourish • Balance • Replenish

MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Tablet

Servings per Container 90

Amount per Serving	% DV	Amount per Serving	% DV
FoodState Nutrients			
Vitamin A (50 mg†; carrot)	2500 IU 50	Iron (90 mg†; <i>S. cerevisiae</i>)	4.5 mg 25
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin)		Iodine (5 mg†; <i>S. cerevisiae</i>)	75 mcg 50
Vitamin C (240 mg†; organic orange)	60 mg 100	Magnesium (40 mg†; <i>S. cerevisiae</i>)	2 mg <1
Vitamin D3 (8 mg†; <i>S. cerevisiae</i>)	400 IU 100	Zinc (120 mg†; <i>S. cerevisiae</i>)	6 mg 40
Vitamin E* (60 mg†; organic brown rice)	15 IU 50	Selenium (25 mg†; <i>S. cerevisiae</i>)	25 mcg 36
Vitamin K (7 mg†; cabbage)	65 mcg 81	Copper (10 mg†; <i>S. cerevisiae</i>)	100 mcg 5
Thiamine (B-1) (20 mg†; <i>S. cerevisiae</i>)	5 mg 333	Manganese (24 mg†; <i>S. cerevisiae</i>)	1.2 mg 60
Riboflavin (B-2) ... (50 mg†; <i>S. cerevisiae</i>)	5 mg 294	Chromium (GTF) (23 mg†; <i>S. cerevisiae</i>)	45 mcg 38
Niacinamide (80 mg†; <i>S. cerevisiae</i>)	20 mg 100	Molybdenum (10 mg†; <i>S. cerevisiae</i>)	20 mcg 27
Vitamin B-6 (30 mg†; <i>S. cerevisiae</i>)	6 mg 300	Potassium (708 mg†; <i>S. cerevisiae</i>)	4 mg <1
Folate (40 mg†; broccoli)	400 mcg 100	Boron (50 mg†; <i>S. cerevisiae</i>)	500 mcg **
Vitamin B-12 (3 mg†; <i>S. cerevisiae</i>)	15 mcg 250	FoodState® Farm Fresh Fruit Blend	10 mg **
Biotin (60 mg†; organic brown rice)	300 mcg 100	Organic Whole Orange (natural source bioflavonoids),	
Pantothenic Acid.. (40 mg†; <i>S. cerevisiae</i>)	10 mg 100	Organic Blueberry (natural source anthocyanins),	
Calcium (40 mg†; <i>S. cerevisiae</i>)	2 mg <1	Organic Cranberry (natural source proanthocyanidins)	

*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.

Suggested Use: 1 tablet daily. May be taken anytime throughout the day, even on an empty stomach.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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.

