

MegaFood®

Fresh From Farm To Tablet™

Alpha-Teen™

Nourish • Balance • Protect

MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 3 Tablets

Servings per Container 30

Amount per Serving	% DV ▼	Amount per Serving	% DV ▼
FoodState Nutrients			
Vitamin A (100 mg†; carrot) 5000 IU	100	Calcium (2000 mg†; <i>S. cerevisiae</i>)	100 mg 10
As Alpha & Beta Carotene with Mixed Carotenoids		Iron (100 mg†; <i>S. cerevisiae</i>)	5 mg 28
Cryptoxanthin, Lutein, Zeaxanthin)		Iodine (5 mg†; <i>S. cerevisiae</i>)	75 mcg 50
Vitamin C (320 mg†; organic orange)	80 mg 133	Magnesium (800 mg†; <i>S. cerevisiae</i>)	40 mg 10
Vitamin D3 (20 mg†; <i>S. cerevisiae</i>)	1000 IU 250	Zinc (100 mg†; <i>S. cerevisiae</i>)	5 mg 33
Vitamin E* (120 mg†; organic brown rice)	30 IU 100	Selenium (25 mg†; <i>S. cerevisiae</i>)	25 mcg 36
Vitamin K1 (8 mg†; cabbage)	80 mcg 100	Copper (20 mg†; <i>S. cerevisiae</i>)	200 mcg 10
Thiamine (B-1) (20 mg†; <i>S. cerevisiae</i>)	5 mg 333	Manganese (20 mg†; <i>S. cerevisiae</i>)	1 mg 50
Riboflavin (B-2) (50 mg†; <i>S. cerevisiae</i>)	5 mg 294	Chromium (GTF) (30 mg†; <i>S. cerevisiae</i>)	60 mcg 50
Niacinamide (120 mg†; <i>S. cerevisiae</i>)	30 mg 150	Molybdenum (15 mg†; <i>S. cerevisiae</i>)	30 mcg 40
Vitamin B-6 (30 mg†; <i>S. cerevisiae</i>)	6 mg 300	Potassium (3488 mg†; <i>S. cerevisiae</i>)	14 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	39 mg **
Biotin (30 mg†; organic brown rice)	150 mcg 50	Organic Whole Orange (natural source bioflavonoids),	
Pantothenic Acid .. (40 mg†; <i>S. cerevisiae</i>)	10 mg 100	Organic Blueberry (natural source anthocyanins), 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, Vegetable Lubricant, Silica, Organic Brown Rice.

Suggested Use: 3 tablets 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.



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Best
Before:
Lot#:

90
TABLETS
30
SERVINGS