

MegaFood®

Fresh From Farm To Tablet™

Balanced Minerals

Nourish • Strengthen • Replenish

MULTIMINERAL
DIETARY SUPPLEMENT



90
TABLETS
30
SERVINGS

Supplement Facts

Serving Size 3 Tablets

Servings per Container 30

Amount per Serving		% DV ▼	
FoodState Nutrients 			
Calcium.....	(2000 mg†; <i>S. cerevisiae</i>)	100 mg	10
Iodine.....	(3 mg†; <i>S. cerevisiae</i>)	50 mcg	33
Magnesium.....	(1000 mg†; <i>S. cerevisiae</i>)	50 mg	13
Zinc.....	(300 mg†; <i>S. cerevisiae</i>)	15 mg	100
Selenium.....	(60 mg†; <i>S. cerevisiae</i>)	60 mcg	86
Manganese.....	(40 mg†; <i>S. cerevisiae</i>)	2 mg	100
Chromium (GTF).....	(30 mg†; <i>S. cerevisiae</i>)	60 mcg	50
Molybdenum.....	(12 mg†; <i>S. cerevisiae</i>)	23 mcg	31
Potassium.....	(3495 mg†; <i>S. cerevisiae</i>)	14 mg	<1
Boron.....	(50 mg†; <i>S. cerevisiae</i>)	500 mcg	**
Organic Trace Mineral Blend.....		150 mg	**
Organic Nettle Leaf, Organic Spring Horsetail Leaf			

** % Daily Value (DV) not established

†Total Weight FoodState Nutrient to Deliver Daily Value

Other Ingredients: Plant Cellulose, Silica, Vegetable Lubricant.

Suggested Use: 3 tablets daily. May be taken anytime throughout the day, even on an empty stomach.

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.

Made with Love by MegaFood,
PO Box 325, Derry, NH 03038
To learn more, visit megafood.com
or call 800.848.2542



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Lot#:
Best
Before: