

MegaFood®

Fresh From Farm To Tablet™

Selenium

Nourish • Protect • Replenish

MINERAL
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Tablet

Servings per Container 60

Amount per Serving	% DV ▼
FoodState Nutrients	
Selenium..... (50 mg†; <i>S. cerevisiae</i>)	50 mcg 71
Nourishing Whole Food Blend	
Organic Spinach, Organic Ginger Root, Organic Turmeric Root, Organic Rosemary Leaf, Organic Oregano Leaf, Organic Parsley Leaf, Organic Rice Bran, Organic Carrot, Organic Beet Root	200 mg **
Immune Health Blend	
<i>S. cerevisiae</i> (source of naturally occurring beta glucans & glutathione), Organic Broccoli (natural source of sulforaphane)	133 mg **

** % Daily Value (DV) not established

†Total Weight FoodState Nutrient to Deliver Daily Value

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

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.

