



F1342B  
Rev: 2 10/14

Best  
Before:  
Lot#:

# MegaFood®

Fresh From Farm To Tablet™

## Men Over 40™

Nourish • Strengthen • Revitalize



WHOLE FOOD MULTIVITAMIN &  
MINERAL DIETARY SUPPLEMENT

180  
TABLETS  
30  
SERVINGS



## Supplement Facts

Serving Size 6 Tablets

Servings per Container 30

| Amount per Serving                                                                                      |                                   | %DV ▼     | Amount per Serving |                                                                                                                                                                                                                                                         | %DV ▼                                       |
|---------------------------------------------------------------------------------------------------------|-----------------------------------|-----------|--------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|
| FoodState Nutrients  |                                   |           |                    |                                                                                                                                                                                                                                                         |                                             |
| Vitamin A                                                                                               | (200 mg†; carrot)                 | 10,000 IU | 200                | Selenium                                                                                                                                                                                                                                                | (70 mg†; <i>S. cerevisiae</i> ) 70 mcg 100  |
| As Alpha & Beta Carotene with Mixed Carotenoids<br>(Cryptoxanthin, Lutein, Zeaxanthin)                  |                                   |           |                    | Copper                                                                                                                                                                                                                                                  | (50 mg†; <i>S. cerevisiae</i> ) 500 mcg 25  |
| Vitamin C                                                                                               | (400 mg†; organic orange)         | 100 mg    | 167                | Manganese                                                                                                                                                                                                                                               | (40 mg†; <i>S. cerevisiae</i> ) 2 mg 100    |
| Vitamin D3                                                                                              | (20 mg†; <i>S. cerevisiae</i> )   | 1000 IU   | 250                | Chromium (GTF)                                                                                                                                                                                                                                          | (60 mg†; <i>S. cerevisiae</i> ) 120 mcg 100 |
| Vitamin E*                                                                                              | (240 mg†; organic brown rice)     | 60 IU     | 200                | Molybdenum                                                                                                                                                                                                                                              | (25 mg†; <i>S. cerevisiae</i> ) 50 mcg 67   |
| Vitamin K                                                                                               | (7 mg†; cabbage)                  | 65 mcg    | 81                 | Potassium                                                                                                                                                                                                                                               | (5106 mg†; <i>S. cerevisiae</i> ) 20 mg 1   |
| Thiamine (B-1)                                                                                          | (24 mg†; <i>S. cerevisiae</i> )   | 6 mg      | 400                | Boron                                                                                                                                                                                                                                                   | (50 mg†; <i>S. cerevisiae</i> ) 500 mcg **  |
| Riboflavin (B-2)                                                                                        | (60 mg†; <i>S. cerevisiae</i> )   | 6 mg      | 353                | <b>Body Strengthening Blend</b> 325 mg **                                                                                                                                                                                                               |                                             |
| Niacinamide                                                                                             | (120 mg†; <i>S. cerevisiae</i> )  | 30 mg     | 150                | Organic Saw Palmetto Berry, Organic Eleuthero Root,<br>Organic Ashwagandha Root, Organic Blueberry, Organic<br>Hawthorn Berry, Organic Ginkgo Leaf, Organic Nettle Leaf,<br>Organic Dandelion Root & Leaf                                               |                                             |
| Vitamin B-6                                                                                             | (50 mg†; <i>S. cerevisiae</i> )   | 10 mg     | 500                | <b>Immune Health Blend</b> 200 mg **                                                                                                                                                                                                                    |                                             |
| Folate                                                                                                  | (40 mg†; broccoli)                | 400 mcg   | 100                | Organic Whole Orange (natural source of bioflavonoids),<br>Organic Blueberry (natural source of anthocyanins), Organic<br>Cranberry (natural source of proanthocyanidins), Organic<br>Schisandra, Organic Astragalus Root, Organic Shiitake<br>Mushroom |                                             |
| Vitamin B-12                                                                                            | (10 mg†; <i>S. cerevisiae</i> )   | 50 mcg    | 833                | <b>Organic Herbal Antioxidants</b> 105 mg **                                                                                                                                                                                                            |                                             |
| Biotin                                                                                                  | (60 mg†; organic brown rice)      | 300 mcg   | 100                | Organic Ginger Root, Organic Rosemary, Organic Turmeric<br>Root, Organic Oregano Leaf                                                                                                                                                                   |                                             |
| Pantothenic Acid                                                                                        | (80 mg†; <i>S. cerevisiae</i> )   | 20 mg     | 200                |                                                                                                                                                                                                                                                         |                                             |
| Calcium                                                                                                 | (2000 mg†; <i>S. cerevisiae</i> ) | 100 mg    | 10                 |                                                                                                                                                                                                                                                         |                                             |
| Iodine                                                                                                  | (7 mg†; <i>S. cerevisiae</i> )    | 100 mcg   | 67                 |                                                                                                                                                                                                                                                         |                                             |
| Magnesium                                                                                               | (2000 mg†; <i>S. cerevisiae</i> ) | 100 mg    | 25                 |                                                                                                                                                                                                                                                         |                                             |
| Zinc                                                                                                    | (400 mg†; <i>S. cerevisiae</i> )  | 20 mg     | 133                |                                                                                                                                                                                                                                                         |                                             |

\*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.

**Suggested Use:** 6 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](http://megafood.com) or call 800.848.2542

IRON FREE FORMULA

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.