



F1334B
Rev: 4 10/15
Lot#: _____
Best Before: _____

MegaFood®

Fresh From Farm To Tablet™

Men Over 40™ One Daily

Nourish • Strengthen • Revitalize



60
TABLETS
60
SERVINGS

**MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT**



Supplement Facts

Serving Size 1 Tablet

Servings per Container 60

Amount per Serving	% DV ▼
FoodState Nutrients	
Vitamin A (45 mg†; carrot)	2250 IU 45
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin)	
Vitamin C (240 mg†; organic orange)	60 mg 100
Vitamin D3 (8 mg†; <i>S. cerevisiae</i>)	400 IU 100
Vitamin E* (72 mg†; organic brown rice)	18 IU 60
Vitamin K (2 mg†; cabbage)	15 mcg 19
Thiamine (B-1) .. (16 mg†; <i>S. cerevisiae</i>)	4 mg 267
Riboflavin (B-2). (30 mg†; <i>S. cerevisiae</i>)	3 mg 176
Niacinamide (80 mg†; <i>S. cerevisiae</i>)	20 mg 100
Vitamin B-6 (15 mg†; <i>S. cerevisiae</i>)	3 mg 150
Folate (40 mg†; broccoli)	400 mcg 100
Vitamin B-12 (3 mg†; <i>S. cerevisiae</i>)	15 mcg 250
Biotin (16 mg†; organic brown rice)	80 mcg 27
Pantothenic Acid (40 mg†; <i>S. cerevisiae</i>)	10 mg 100
Calcium (20 mg†; <i>S. cerevisiae</i>)	1 mg <1
Iodine (10 mg†; <i>S. cerevisiae</i>)	150 mcg 100
Magnesium (20 mg†; <i>S. cerevisiae</i>)	1 mg 1
Zinc (300 mg†; <i>S. cerevisiae</i>)	15 mg 100

Amount per Serving	% DV ▼
Selenium (14 mg†; <i>S. cerevisiae</i>)	14 mcg 20
Copper (30 mg†; <i>S. cerevisiae</i>)	300 mcg 15
Manganese (20 mg†; <i>S. cerevisiae</i>)	1 mg 50
Chromium (GTF) (30 mg†; <i>S. cerevisiae</i>)	60 mcg 50
Molybdenum (20 mg†; <i>S. cerevisiae</i>)	40 mcg 53
Potassium (746 mg†; <i>S. cerevisiae</i>)	4 mg <1
Boron (50 mg†; <i>S. cerevisiae</i>)	500 mcg **
Longevity Blend	75 mg **
Organic Saw Palmetto Berry, Organic Ashwagandha Root, Organic Ginkgo Leaf, Organic Hawthorn Berry, Organic Nettle Leaf, Organic Turmeric Root, Organic Ginger Root, Organic Dandelion Leaf & Root, Organic Oregano Leaf	
Immune Health Blend	40 mg **
Organic Astragalus Root, Organic Eleuthero Root, Organic Whole Orange (natural source bioflavonoids), Organic Blueberry (natural source anthocyanins), Organic Cranberry (natural source proanthocyanidins), Organic Schisandra Berry, Organic Shiitake Mushroom	

*Full spectrum of mixed tocotrienols and tocopherols ** % Daily Value (DV) not established †Total Weight FoodState Nutrient to Deliver Daily Value

Other Ingredients: Vegetable Lubricant, Silica, Plant Cellulose.

IRON FREE FORMULA

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.

