

MegaFood®

Fresh From Farm To Tablet™

Men Over 40™
One Daily

Nourish • Strengthen • Revitalize

MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Tablet

Servings per Container 90

Amount per Serving		%DV ▼	Amount per Serving		%DV ▼
FoodState Nutrients					
Vitamin A	(45 mg†; carrot)	2250 IU 45	Selenium	(14 mg†; <i>S. cerevisiae</i>)	14 mcg 20
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin)			Copper	(30 mg†; <i>S. cerevisiae</i>)	300 mcg 15
Vitamin C	(240 mg†; organic orange)	60 mg 100	Manganese	(20 mg†; <i>S. cerevisiae</i>)	1 mg 50
Vitamin D3	(8 mg†; <i>S. cerevisiae</i>)	400 IU 100	Chromium (GTF)	(30 mg†; <i>S. cerevisiae</i>)	60 mcg 50
Vitamin E*	(72 mg†; organic brown rice)	18 IU 60	Molybdenum	(20 mg†; <i>S. cerevisiae</i>)	40 mcg 53
Vitamin K	(2 mg†; cabbage)	15 mcg 19	Potassium	(746 mg†; <i>S. cerevisiae</i>)	4 mg <1
Thiamine (B-1)	(16 mg†; <i>S. cerevisiae</i>)	4 mg 267	Boron	(50 mg†; <i>S. cerevisiae</i>)	500 mcg **
Riboflavin (B-2)	(30 mg†; <i>S. cerevisiae</i>)	3 mg 176	Longevity Blend 75 mg **		
Niacinamide	(80 mg†; <i>S. cerevisiae</i>)	20 mg 100	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		
Vitamin B-6	(15 mg†; <i>S. cerevisiae</i>)	3 mg 150	Immune Health Blend 40 mg **		
Folate	(40 mg†; broccoli)	400 mcg 100	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		
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			

*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.

