



# MegaFood®

## Fresh From Farm To Tablet™

# Men's

### Nourish • Energize • Restore



**180**  
TABLETS  
**90**  
SERVINGS

**WHOLE FOOD MULTIVITAMIN & MINERAL DIETARY SUPPLEMENT**



# Supplement Facts

Serving Size 2 Tablets Servings per Container 90

Amount per Serving	% DV
<b>FoodState Nutrients</b>	
Vitamin A .....(50 mg; carrot)	2500 IU 50
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin)	
Vitamin C .....(240 mg; organic orange)	60 mg 100
Vitamin D3 .....(20 mg; <i>S. cerevisiae</i> )	1000 IU 250
Vitamin E* .. (80 mg; organic brown rice)	20 IU 67
Vitamin K .....(5 mg; cabbage)	45 mcg 56
Thiamine (B-1) .....(12 mg; <i>S. cerevisiae</i> )	3 mg 200
Riboflavin (B-2).....(28 mg; <i>S. cerevisiae</i> )	2.8 mg 165
Niacinamide .....(80 mg; <i>S. cerevisiae</i> )	20 mg 100
Vitamin B-6 .....(13 mg; <i>S. cerevisiae</i> )	2.5 mg 125
Folate .....(40 mg; broccoli)	400 mcg 100
Vitamin B-12 .....(4 mg; <i>S. cerevisiae</i> )	18 mcg 300
Biotin ..... (30 mg; organic brown rice)	150 mcg 50
Pantothenic Acid ..(40 mg; <i>S. cerevisiae</i> )	10 mg 100
Calcium .....(160 mg; <i>S. cerevisiae</i> )	8 mg 1

Amount per Serving	% DV
Iodine..... (5 mg <sup>†</sup> ; <i>S. cerevisiae</i> )	80 mcg 53
Magnesium..... (600 mg <sup>†</sup> ; <i>S. cerevisiae</i> )	30 mg 8
Zinc..... (Amino Acid Chelate)	10 mg 67
Selenium..... (20 mg; <i>S. cerevisiae</i> )	20 mcg 29
Copper ..... (20 mg; <i>S. cerevisiae</i> )	200 mcg 10
Manganese.....(40 mg; <i>S. cerevisiae</i> )	2 mg 100
Chromium (GTF).....(55 mg; <i>S. cerevisiae</i> )	110 mcg 92
Molybdenum.....(19 mg; <i>S. cerevisiae</i> )	38 mcg 51
Potassium.....(1170 mg; <i>S. cerevisiae</i> )	5 mg <1
Boron.....(15 mg; <i>S. cerevisiae</i> )	150 mcg **
Organic Ashwagandha Root.....	50 mg **
Saw Palmetto Fruit Extract.....	50 mg **
Organic Schisandra Berry .....	45 mg **
Cranberry Extract .....	30 mg **
Wild Blueberry .....	30 mg **
Organic Eleuthero Root.....	15 mg **

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

**Other Ingredients:** Vegetable Lubricant, Plant Cellulose, Silica.

**Suggested Use:** 2 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

Learn more about our *California Blend* at [megafood.com/prop65](http://megafood.com/prop65)

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.