



F1277B
Rev: 3 09/14

Best
Before:
Lot#:

California
Blend

MegaFood®

Fresh From Farm To Tablet™

Men Over 40™

Nourish • Strengthen • Revitalize



WHOLE FOOD MULTIVITAMIN &
MINERAL DIETARY SUPPLEMENT



Supplement Facts

Serving Size 2 Tablets

Servings per Container 45

Amount per Serving	%DV ▼	Amount per Serving	%DV ▼
FoodState Nutrients			
Vitamin A (40 mg†; carrot)	2000 IU 40	Calcium..... (100 mg†; <i>S. cerevisiae</i>)	5 mg 1
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin)		Iodine..... (5 mg†; <i>S. cerevisiae</i>)	75 mcg 50
Vitamin C (240 mg†; orange)	60 mg 100	Magnesium..... (600 mg†; <i>S. cerevisiae</i>)	30 mg 8
Vitamin D3 (20 mg†; <i>S. cerevisiae</i>)	1000 IU 250	Zinc..... (Amino Acid Chelate)	12 mg 80
Vitamin E* (60 mg†; organic brown rice)	15 IU 50	Selenium..... (30 mg†; <i>S. cerevisiae</i>)	30 mcg 43
Vitamin K (2 mg†; cabbage)	20 mcg 25	Copper..... (15 mg†; <i>S. cerevisiae</i>)	150 mcg 8
Thiamine (B-1) ... (10 mg†; <i>S. cerevisiae</i>)	2.5 mg 167	Manganese..... (20 mg†; <i>S. cerevisiae</i>)	1 mg 50
Riboflavin (B-2) .. (28 mg†; <i>S. cerevisiae</i>)	2.8 mg 165	Chromium (GTF) (50 mg†; <i>S. cerevisiae</i>)	100 mcg 83
Niacinamide (80 mg†; <i>S. cerevisiae</i>)	20 mg 100	Molybdenum..... (15 mg†; <i>S. cerevisiae</i>)	30 mcg 40
Vitamin B-6 (10 mg†; <i>S. cerevisiae</i>)	2 mg 100	Potassium..... (1038 mg†; <i>S. cerevisiae</i>)	4 mg <1
Folate (20 mg†; broccoli)	200 mcg 50	Boron..... (10 mg†; <i>S. cerevisiae</i>)	100 mcg **
Vitamin B-12 (5 mg†; <i>S. cerevisiae</i>)	25 mcg 417	Organic Ashwagandha Root.....	125 mg **
Biotin (11 mg†; organic brown rice)	55 mcg 18	Saw Palmetto Fruit Extract.....	125 mg **
Pantothenic Acid (20 mg†; <i>S. cerevisiae</i>)	5 mg 50	Pumpkin Seed Extract	75 mg **
		Wild Blueberry Fruit Extract	25 mg **

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

Other Ingredients: Plant Cellulose, Silica, Vegetable Lubricant.

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 or call 800.848.2542

IRON FREE FORMULA

Learn more about our *California Blend*
at 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.