



# MegaFood®

Fresh From Farm To Tablet™

## Multi for Men

Supports Health & Well-Being\*



60 TABLETS  
30 SERVINGS

with Brown Rice, Carrots, Broccoli & Oranges

MULTIVITAMIN & MINERAL  
DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 2 Tablets

Servings per Container 30

	Amount per Serving	% DV	▼
Vitamin A .....	(beta carotene in carrot)	4000 IU	80
Vitamin C .....	(ascorbic acid in organic orange††)	200 mg	333
Vitamin D3 .....	(cholecalciferol in <i>S. cerevisiae</i> )	800 IU	200
Vitamin E .....	(mixed tocopherols [sunflower] in organic brown rice†)	50 IU	167
Vitamin K1/K2 .....	(phytonadione/menaquinone-7 in cabbage)	80 mcg	100
Vitamin B1 .....	(thiamine HCl in <i>S. cerevisiae</i> )	1.8 mg	120
Vitamin B2 .....	(riboflavin 5'-phosphate sodium in organic brown rice†)	2.1 mg	124
Niacin .....	(niacinamide in <i>S. cerevisiae</i> )	20 mg	100
Vitamin B6 .....	(P5P in organic brown rice†)	6 mg	300
Folate .....	(5-MTHF in broccoli)	100 mcg	25
Vitamin B12 .....	(methylcobalamin in <i>S. cerevisiae</i> )	12 mcg	200
Biotin .....	(in organic brown rice†)	300 mcg	100
Pantothenic Acid .....	(calcium pantothenate in organic brown rice†)	8 mg	80
Iodine .....	(mineral bound <i>S. cerevisiae</i> )	150 mcg	100
Zinc .....	(rice amino acid chelate)	22.5 mg	150
Selenium .....	(mineral bound <i>S. cerevisiae</i> )	70 mcg	100
Copper .....	(mineral bound <i>S. cerevisiae</i> )	150 mcg	8
Manganese .....	(mineral bound <i>S. cerevisiae</i> )	2 mg	100
Chromium .....	(mineral bound <i>S. cerevisiae</i> )	120 mcg	100
Molybdenum .....	(mineral bound <i>S. cerevisiae</i> )	55 mcg	73
Potassium .....	(mineral bound <i>S. cerevisiae</i> )	2 mg	<1
Choline .....	(choline bitartrate)	200 mg	**

\*\* % Daily Value (DV) not established

†† Uncle Matt's Organic † Lundberg Family Farms

Other Ingredients: Silica, Stearic Acid, Plant Cellulose.

Suggested Use: 2 tablets daily. May be taken anytime throughout the day, even on an empty stomach.

Tieraona Low Dog, M.D., an internationally recognized expert in integrative medicine, has long been an advocate for wholesome nutrition, a healthy lifestyle and the sensible use of effective, high quality, and environmentally conscious dietary supplements. "I have partnered with MegaFood to blend the best of science and nature to create multivitamins designed to truly fortify your life." - Dr. Low Dog



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Best  
Before:  
Lot#:

• FoodState Nutrients™ are made with whole foods to provide essential vitamins and minerals that are easy-to-digest and gentle on the body, even when taken 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

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\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.