

Mega Food

Fresh From Farm To Tablet™



Supports Health & Well-Being*



DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Tablets

Servings per Container 60

COLLING CIEC E IGNICE		our rings per container oc			
	Amount per Serving		% DV	7	
Vitamin A	(beta carotene in carrot)	4000	IU	80	
Vitamin C	(ascorbic acid in organic orange ^{††})	200	mg	333	
2 Vitamin D3	(cholecalciferol in S. cerevisiae)	800	IU	200	
Vitamin E (mixed tocop	herols [sunflower] in organic brown rice†)	50	IU	167	
Vitamin K1/K2(p	hytonadione/menaquinone-7 in cabbage)	80	mcg	100	
Vitamin B1	(thiamine HCI in S. cerevisiae)	1.8	mg	120	
Vitamin B2 (riboflavin 5	'-phosphate sodium in organic brown rice!)	2.1	mg	124	
3 Niacin	(niacinamide in S. cerevisiae)	20	mg	100	
2 Vitamin B6	(P5P in organic brown rice [†])	6	mg	300	
3 Folate	(5-MTHF in broccoli)	100	mcg	25	
Vitamin B12	(methylcobalamin in S. cerevisiae)	12	mcg	200	
Biotin	(in organic brown rice†)	300	mcg	100	
Pantothenic Acid (calc	ium pantothenate in organic brown rice†)	8	mg	80	
2 lodine	(mineral bound S. cerevisiae)	150	mcg	100	
	(rice amino acid chelate)	22.5	mg	150	
3 Selenium	(mineral bound S. cerevisiae)	70	mcg	100	
2 Copper	(mineral bound S. cerevisiae)	150	mcg	8	
	(mineral bound S. cerevisiae)	2	mg	100	
Chromium	(mineral bound S. cerevisiae)	120	mcg	100	
Molybdenum	(mineral bound S. cerevisiae)	55	mcg	73	
Potassium	(mineral bound S. cerevisiae)	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

MegaFood has been improving lives since 1973. We start with whole foods from trusted farm partners to craft each of our FoodState Nutrients™, delivering authentic nutrition - far more than vitamins and minerals alone. See how they're made at megafood.com/showme

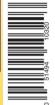
€2 FoodState Nutrients™ are made with whole foods to provide essential vitamins and minerals that are easy-to-digest and gentle on the body, even when taken on an empty stomach.

Made with Love by MegaFood, PO Box 325, Derry, NH 03038 To learn more, visit megafood.com 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.



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