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FOR THE PLANET

Certified



Corporation

Empty & Replace Cap



GLASS BOTTLE

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† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

25 NUTRIENTS PLUS REAL FOOD

MegaFood SINCE 1973



MEN'S

Whole Body Multi

+Triple-Action Antioxidant Support^{††}

Supports immune, brain, heart, and muscle health[†]

DIETARY SUPPLEMENT

60 CAPSULES | 30 SERVINGS

Suggested Use: Adults take 2 capsules daily, any time of the day with food and a beverage.

Supplement Facts

Serving size 2 capsules

Servings per container 30

Amount per serving	% Daily Value
Vitamin A (as beta-carotene) 2000 mcg RAE	222%
Vitamin C (as ascorbic acid) 120 mg	133%
Vitamin D3 (as cholecalciferol) 25 mcg	125%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) 20 mg	133%
Vitamin K1 (as phytonadione) 160 mcg	133%
Thiamin (as thiamine mononitrate) 3.2 mg	267%
Riboflavin (as riboflavin 5'-phosphate sodium) 3.1 mg	238%
Niacin (as niacinamide) 21 mg NE	131%
Vitamin B6 (as pyridoxal 5-phosphate) 4 mg	235%
Folate (as calcium L-5-methyltetrahydrofolate) 1335 mcg DFE (400 mcg L-5-MTHF)	334%
Vitamin B12 (as methylcobalamin) 240 mcg	10000%
Biotin (as biotin) 60 mcg	200%
Pantothenic Acid (as d-calcium pantothenate) 10 mg	200%
Calcium (as calcium carbonate) 60 mg	5%

Amount per serving	% Daily Value
Iodine (as potassium iodide) 160 mcg	107%
Magnesium (as magnesium citrate) 40 mg	10%
Zinc (as zinc citrate) 15 mg	136%
Selenium (as sodium selenate) 73 mcg	133%
Copper (as copper bisglycinate) 1 mg	111%
Manganese (as manganese citrate) 2 mg	87%
Chromium (as chromium chloride) 40 mcg	114%
Molybdenum (as molybdenum citrate) 60 mcg	133%
Boron (as boron citrate) 1000 mcg	**
Vitamin K2 (as menaquinone-7) 120 mcg	**
Coenzyme Q10 (ubiquinone) 10 mg	**
VitaBerry® Antioxidant Fruit Blend 100 mg	**
Organic strawberry, organic raspberry, organic blueberry, organic tart cherry, organic pomegranate, organic cranberry	

** Daily Value not established

Other Ingredients: Microcrystalline cellulose, hypromellose, silicon dioxide, stearic acid, dicalcium phosphate, citric acid, maltodextrin.

MADE FOR MEGAFOOD, PO BOX 5244, MANCHESTER, NH 03108 USA - MEGAFOOD.COM - 800.848.2542

[†](1) Vitamins A, C, & E, (2) minerals zinc & selenium, and (3) the antioxidant fruit blend are ingredients with antioxidant activity.

^{††}Magnesium citrate is better absorbed than magnesium oxide.

MegaFood Men's Whole Body Multi is crafted to support the unique nutritional needs of men, delivering 25 key nutrients—including all 8 B vitamins, high-absorption magnesium[†], CoQ10, and triple-action antioxidant support from fruits, vitamins, and trace minerals.^{††} This powerful blend helps fuel your day by supporting your immune, energy metabolism, brain, heart, and muscle health.[†]



SCAN ME

Scan to learn more about MegaFood.

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CAUTION: Biotin is an important nutrient. Biotin may interfere with lab tests. If you are taking medication or planning to undergo lab testing, consult with your doctor before use.

Keep out of reach of children. Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months. Do not use if seal under cap is broken or missing.

VitaBerry® is a registered trademark of VDF FutureCeuticals, Inc.



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BEST BY • LOT #