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TESTED FOR 150+ PESTICIDES

GLUTEN FREE

VEGETARIAN

1% FOR THE PLANET

Certified Corporation

PLASTIC BOTTLE

20 NUTRIENTS PLUS REAL FOOD



**MEN'S Whole Body Multi**

**+ Triple-Action Antioxidant Support<sup>††</sup>**  
**+ High Absorption Magnesium\***

Supports energy metabolism, immune, brain, heart, and muscle health<sup>†</sup>

DIETARY SUPPLEMENT

90 VEGETARIAN GUMMIES | 30 SERVINGS

**Strawberry**  
FLAVORED WITH OTHER NATURAL FLAVORS

**Suggested Use:** Adults take 3 gummies daily. May be taken any time of day, even on an empty stomach. Take only as directed. Do not exceed recommended intake.

**Supplement Facts**

Serving size 3 gummies      Servings per container 30

Amount per serving	% Daily Value	Amount per serving	% Daily Value
Calories 25		Biotin (as biotin) 30 mcg	100%
Total carbohydrate 6 g	2%	Pantothenic Acid (as d-calcium pantothenate) 0.7 mg	14%
Total sugars 4 g	**	Iodine (as potassium iodide) 56 mcg	37%
Includes 4 g added sugars	8%*	Magnesium (as magnesium citrate) 45 mg	11%
Vitamin A (as retinyl acetate) 560 mcg RAE	62%	Zinc (as zinc citrate) 4.1 mg	37%
Vitamin C (as ascorbic acid) 90 mg	100%	Copper (as copper citrate) 0.07 mg	8%
Vitamin D3 (as cholecalciferol) 25 mcg	125%	Manganese (as manganese sulfate monohydrate) 0.9 mg	39%
Vitamin E (as dl-alpha tocopheryl acetate) 11 mg	73%	Chromium (as chromium chloride) 13 mcg	37%
Vitamin K (as phytonadione) 45 mcg	38%	Molybdenum (as sodium molybdate) 17 mcg	38%
Thiamin (as thiamine hydrochloride) 0.18 mg	15%	Sodium 10 mg	<1%
Riboflavin (as riboflavin) 0.20 mg	15%	<b>VitaBerry® Antioxidant Fruit Blend</b> 100 mg	**
Niacin (as niacinamide) 6 mg NE	38%	Organic strawberry, organic blueberry, organic raspberry, organic tart cherry, organic pomegranate, organic cranberry	
Vitamin B6 (as pyridoxine hydrochloride) 1.5 mg	88%		
Folate (as folic acid) 150 mcg DFE (90 mcg folic acid)	38%		
Vitamin B12 (as methylcobalamin) 9 mcg	375%		

**Other Ingredients:** Organic tapioca syrup, organic cane sugar, water, less than 2% of natural flavor, pectin, black carrot concentrate (for color), citric acid, trisodium citrate, carnauba wax.

**MADE FOR MEGAFOOD, PO BOX 5244, MANCHESTER, NH 03108 USA - MEGAFOOD.COM - 800.848.2542**  
PRODUCT OF ISRAEL

MegaFood Men's Whole Body Multi is crafted to support the unique nutritional needs of men, delivering 20 essential nutrients—including all 8 B vitamins, high absorption magnesium\*, and triple-action antioxidant support from fruits, vitamins, and trace minerals.<sup>††</sup> This powerful blend helps fuel your day with nutrients that support your cellular energy metabolism, immune, brain, heart, and muscle health.<sup>†</sup>



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Container 4 V2- Brown 500ml 234X92

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