



MegaFood®

Fresh From Farm To Tablet™

Bone Health

Helps Maintain Strong Bones*



with Brown Rice, Cabbage & Oranges
MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT

Supplement Facts

Serving Size 4 Tablets

Servings per Container 45

	Amount per Serving	% DV	▼
🌱 Vitamin C (ascorbic acid in organic orange ^{††})	100 mg	167	
🌱 Vitamin D3 (cholecalciferol in <i>S. cerevisiae</i>)	1000 IU	250	
🌱 Vitamin K1/K2 .. (phytonadione/menaquinone-7 in cabbage)	120 mcg	150	
Calcium	500 mg	50	
Magnesium	300 mg	75	
🌱 Boron	3 mg	**	
🌱 Potassium	2 mg	<1	

** % Daily Value (DV) not established

†† Uncle Matt's Organic

Other Ingredients: Guar Gum, Stearic Acid, Silica, Brown Rice, Plant Cellulose.

Suggested Use: 2 tablets twice daily with food.

Made with Love by MegaFood, PO Box 5244 Manchester, NH 03108 To learn more, visit megafood.com or call 800.848.2542

Uncle Matt's is a registered trademark of Uncle Matt's Organic, Inc.

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

🌱 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.

* 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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Best Before:
Lot #10: