



MegaFood[®]

Fresh From Farm To Tablet[™]

Skin, Nails & Hair[™]

Supports Healthy
Complexion, Nails & Hair*



60
TABLETS
20
SERVINGS

with Organic Horsetail, Nettle & Red Clover Blossom

MULTIVITAMIN & HERBAL
DIETARY SUPPLEMENT

Supplement Facts

Serving Size 3 Tablets
Servings per Container 20

	Amount per Serving	% DV
• Vitamin C (ascorbic acid with organic orange).....	250 mg	278
• Vitamin E (d-alpha tocopherol [sunflower] with organic brown rice†).....	67 mg	447
• Folate (folic acid with broccoli) (400 mcg folic acid)	680 mcg DFE	170
• Biotin (with organic brown rice†)	300 mcg	1000
• Pantothenic Acid (d-calcium pantothenate with organic brown rice†).....	30 mg	600
• Zinc (mineral bound <i>S. cerevisiae</i>).....	15 mg	136
• Copper (mineral bound <i>S. cerevisiae</i>).....	1 mg	111
• Silica (mineral bound <i>S. cerevisiae</i>)	1 mg	**
• Sulfur (mineral bound <i>S. cerevisiae</i>).....	3 mg	**
Skin, Nails & Hair Support Blend*	445 mg	**
Organic Spring Horsetail Leaf, Organic Nettle Leaf, Organic Milk Thistle Seed, Organic Chaste Tree Berry, Organic Red Clover Aerial Parts, Organic Ashwagandha Root, Organic Ginger Root, Organic Chamomile Flower, Organic Rosemary Leaf, Organic Turmeric Root, Organic Yellow Dock Root, Organic Dandelion Leaf, Organic Dandelion Root, Organic Blueberry, Organic Cranberry		
• Fruit Phenolic Blend	57 mg	**
Organic Whole Orange, Organic Cranberry, Organic Blueberry		

** % Daily Value (DV) not established

Other Ingredients: Cellulose, Silica, Stearic Acid.

† Lundberg Family Farms

Suggested Use: 3 tablets daily. May be taken anytime
throughout the day, even on an empty stomach.

Lundberg Family Farms produces high-quality organic products, a Lundberg family passion that has spanned over 75 years and more than three generations. They grow their rice sustainably with farming practices that conserve water resources, build soil integrity, and support a healthier ecosystem.



Meet father
& daughter,
Wendell & Jessica Lundberg

They pride themselves on making great-tasting organic products that are good for you and the environment.

• This MegaFood product is made with real food sourced from our trusted family farm partners, wholesome nutritional yeast, added nutrients and carefully selected herbs. Each vitamin or mineral is paired with an ideal whole food using our unique process to deliver guaranteed potency and the benefit of health-promoting compounds present in the whole food itself. See how they're made at megafood.com/showme. Satisfaction guaranteed or your money back.

MegaFood will donate a portion of the profit from the sale of this product to the National Young Farmers Coalition. To learn more visit megafood.com/supportsyoungfarmers

Lundberg Family Farms Since 1937 is a registered trademark of Wehah Farm, Inc.

* 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.

Made with Love by MegaFood,
PO Box 5244, Manchester, NH 03108
megafood.com / 800.848.2542



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Lot#: _____
Best Before: _____