



MegaFood®

Fresh From Farm To Tablet™

Multi for Women

Supports Health & Well-Being*



with Brown Rice, Carrots, Broccoli & Oranges

**MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT**

Supplement Facts

Serving Size 2 Tablets

Servings per Container 30

	Amount per Serving	% DV	
✿ Vitamin A.....	(beta carotene in carrot)	4000 IU	80
✿ Vitamin C.....	(ascorbic acid in organic orange††)	100 mg	167
✿ Vitamin D3.....	(cholecalciferol in <i>S. cerevisiae</i>)	800 IU	200
✿ Vitamin E.. (mixed tocopherols [sunflower] in organic brown rice†)		30 IU	100
✿ Vitamin K1/K2.....	(phytonadione/menaquinone-7 in cabbage)	80 mcg	100
✿ Vitamin B1.....	(thiamine HCl in <i>S. cerevisiae</i>)	1.5 mg	100
✿ Vitamin B2 .. (riboflavin 5'-phosphate sodium in organic brown rice†)		1.7 mg	100
✿ Niacin.....	(niacinamide in <i>S. cerevisiae</i>)	20 mg	100
✿ Vitamin B6.....	(P5P in organic brown rice†)	6 mg	300
✿ Folate.....	(5-MTHF in broccoli)	400 mcg	100
✿ Vitamin B12.....	(methylcobalamin in <i>S. cerevisiae</i>)	10 mcg	167
✿ Biotin.....	(in organic brown rice†)	300 mcg	100
✿ Pantothenic Acid.....	(calcium pantothenate in organic brown rice†)	10 mg	100
✿ Iron.....	(mineral bound <i>S. cerevisiae</i>)	15 mg	83
✿ Iodine.....	(mineral bound <i>S. cerevisiae</i>)	150 mcg	100
Zinc.....	(rice amino acid chelate)	15 mg	100
✿ Selenium.....	(mineral bound <i>S. cerevisiae</i>)	50 mcg	71
✿ Copper.....	(mineral bound <i>S. cerevisiae</i>)	150 mcg	8
✿ Manganese.....	(mineral bound <i>S. cerevisiae</i>)	2 mg	100
✿ Chromium.....	(mineral bound <i>S. cerevisiae</i>)	100 mcg	83
✿ Molybdenum.....	(mineral bound <i>S. cerevisiae</i>)	55 mcg	73
✿ Potassium.....	(mineral bound <i>S. cerevisiae</i>)	4 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

✿ 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 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. 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.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Store tightly sealed in a cool, dry place. Once opened, tablet color may naturally change over time.



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Best Before: Lot#: