



# MegaFood®

Fresh From Farm To Tablet™

# Women Over 40™ One Daily

Supports Optimal  
Health & Well-Being\*

90  
TABLETS

90  
SERVINGS

MULTIVITAMIN & MINERAL  
DIETARY SUPPLEMENT



## Supplement Facts

Serving Size 1 Tablet  
Servings per Container 90

	Amount per Serving	% DV	Amount per Serving	% DV
Vitamin A (beta carotene with carrot) ....	338 mcg RAE	38	Selenium (mineral bound <i>S. cerevisiae</i> ).....	15 mcg 27
Vitamin C (ascorbic acid with organic orange) .....	60 mg	67	Copper (mineral bound <i>S. cerevisiae</i> ) .....	0.2 mg 22
Vitamin D3 (cholecalciferol with <i>S. cerevisiae</i> ) .....	10 mcg	50	Manganese (mineral bound <i>S. cerevisiae</i> ) .....	1 mg 43
Vitamin E (d-alpha tocopherol [sunflower] with organic brown rice) .....	11 mg	73	Chromium (GTF) (mineral bound <i>S. cerevisiae</i> ) .....	60 mcg 171
Vitamin K (K1) (phytonadione with cabbage) .....	30 mcg	25	Molybdenum (mineral bound <i>S. cerevisiae</i> ) .....	30 mcg 67
Thiamin (B1) (thiamine HCl with <i>S. cerevisiae</i> ) .....	3 mg	250	Boron (mineral bound <i>S. cerevisiae</i> ) .....	500 mcg **
Riboflavin (B2) (with organic brown rice) .....	2 mg	154	<b>Nourishing Food &amp; Herb Blend®</b> .....	100 mg **
Niacin (niacinamide with <i>S. cerevisiae</i> ) .....	20 mg NE	125	Organic Chaste Tree Berry, Organic Red Clover Aerial Parts, Organic Astragalus Root, Organic Eleuthero Root, Organic Ashwagandha Root, Organic Ginkgo Leaf, Organic Hawthorn Fruit, Organic Holy Basil Leaf, <b>Fruit Phenolic Blend</b> (Organic Whole Orange, Organic Cranberry, Organic Blueberry), Organic Schisandra Berry, Organic Turmeric Root, Organic Milk Thistle Seed, Organic Ginger Root, Organic Nettle Leaf, Organic Shiitake Mushroom Mycelium	
Vitamin B6 (pyridoxine HCl with <i>S. cerevisiae</i> ) .....	4 mg	235		
Folate (folic acid with broccoli) .....	400 mcg DFE 100 (240 mcg folic acid)			
Vitamin B12 (cyanocobalamin with <i>S. cerevisiae</i> ) .....	10 mcg	417		
Biotin (with organic brown rice) .....	30 mcg	100		
Pantothenic Acid (d-calcium pantothenate with organic brown rice) .....	10 mg	200		
Iron (mineral bound <i>S. cerevisiae</i> ) .....	4.5 mg	25		
Iodine (mineral bound <i>S. cerevisiae</i> ) .....	150 mcg	100		
Zinc (mineral bound <i>S. cerevisiae</i> ) .....	14 mg	127		

\*\* % Daily Value (DV) not established

**Other Ingredients:** Cellulose, Silica, Stearic Acid.  
**Suggested Use:** 1 tablet daily. May be taken anytime  
throughout the day, even on an empty stomach.

**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.

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](http://megafood.com/showme). Satisfaction guaranteed or your money back.

\*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  
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Best  
Before:  
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