



MegaFood®

Fresh From Farm To Tablet™

Women Over 40™

One Daily

Supports Optimal
Health & Well-Being*

60
TABLETS
60
SERVINGS

MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Tablet
Servings per Container 60

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	Nourishing Food & Herb Blend*	100 mg **
• Niacin (niacinamide with <i>S. cerevisiae</i>).....	20 mg NE 125	Organic Chaste Tree Berry, Organic Red Clover Aerial	
• Vitamin B6 (pyridoxine HCl with <i>S. cerevisiae</i>)	4 mg 235	Parts, Organic Astragalus Root, Organic Eleuthero Root,	
• Folate (folic acid with broccoli)	400 mcg DFE 100	Organic Ashwagandha Root, Organic Ginkgo Leaf,	
(240 mcg folic acid)		Organic Hawthorn Fruit, Organic Holy Basil Leaf, • Fruit	
• Vitamin B12 (cyanocobalamin with <i>S. cerevisiae</i>).....	10 mcg 417	Phenolic Blend (Organic Whole Orange, Organic	
• Biotin (with organic brown rice).....	30 mcg 100	Cranberry, Organic Blueberry), Organic Schisandra	
• Pantothenic Acid (d-calcium pantothenate with organic brown rice)	10 mg 200	Berry, Organic Turmeric Root, Organic Milk Thistle Seed,	
• Iron (mineral bound <i>S. cerevisiae</i>).....	4.5 mg 25	Organic Ginger Root, Organic Nettle Leaf, Organic	
• Iodine (mineral bound <i>S. cerevisiae</i>).....	150 mcg 100	Shiitake Mushroom Mycelium	
• Zinc (mineral bound <i>S. cerevisiae</i>).....	14 mg 127		

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. 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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Rev: 1 10/17
Best
Before: Lot#: