

Certified



Corporation



**MegaFood**  
Fresh From Farm To Tablet™

# Multi *for* Women 40+ Supports Health & Well-Being\*



with Brown Rice, Carrots, Broccoli & Oranges  
**MULTIVITAMIN & MINERAL  
DIETARY SUPPLEMENT**

**60  
TABLETS  
30  
SERVINGS**

## Supplement Facts

Serving Size 2 Tablets  
Servings per Container 30

	Amount per Serving	% DV
⚡ Vitamin A ..... (beta carotene with carrot)	3500 IU	70
⚡ Vitamin C ..... (ascorbic acid with organic orange)	100 mg	167
⚡ Vitamin D3 ..... (cholecalciferol with <i>S. cerevisiae</i> )	1000 IU	250
⚡ Vitamin E .... (d-alpha tocopherol [sunflower] with organic brown rice)	30 IU	100
⚡ Vitamin K1/K2 ..... (phytonadione/menaquinone-7 with cabbage)	80 mcg	100
⚡ Thiamin (B1) ..... (thiamine HCl with <i>S. cerevisiae</i> )	2 mg	133
⚡ Riboflavin (B2) (riboflavin 5'-phosphate sodium with organic brown rice)	2 mg	118
⚡ Niacin ..... (niacinamide with <i>S. cerevisiae</i> )	20 mg	100
⚡ Vitamin B6 ..... (P5P with organic brown rice)	6 mg	300
⚡ Folate ..... (L-5-MTHF with broccoli)	200 mcg	50
⚡ Vitamin B12 ..... (methylcobalamin with <i>S. cerevisiae</i> )	12 mcg	200
⚡ Biotin ..... (with organic brown rice)	300 mcg	100
⚡ Pantothenic Acid .... (d-calcium pantothenate with organic brown rice)	10 mg	100
⚡ Iron ..... (mineral bound <i>S. cerevisiae</i> )	9 mg	50
⚡ 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 (GTF) ..... (mineral bound <i>S. cerevisiae</i> )	120 mcg	100
⚡ Molybdenum ..... (mineral bound <i>S. cerevisiae</i> )	70 mcg	93
⚡ Potassium ..... (mineral bound <i>S. cerevisiae</i> )	2 mg	<1
Choline (choline bitartrate) .....	200 mg	**

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

**Other Ingredients:** Silica, Stearic Acid, Cellulose.

**Suggested Use:** 2 tablets daily. May be taken anytime throughout the day, even on an empty stomach.

MegaFood Multi for Women 40+ is formulated by award-winning integrative medical physician, Tieraona Low Dog, M.D., and contains a blend of nutrients that support a healthy response to normal hormonal fluctuations associated with menopause and peri-menopause.\* FoodState® Iron replenishes levels lost during menstruation, and vitamins D, K1, and K2 support already healthy bones and mood.\*

⚡ This MegaFood product is made with real food, wholesome nutritional yeast and added nutrients. 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.



We believe that the most nutritious food comes from healthy soils and valued farmers. Our goal is to work with farmers who share our commitment to organic and regenerative agriculture. [megafood.com/farmers](http://megafood.com/farmers)

\* 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.

Made with Love by MegaFood, PO Box 5244,  
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Rev: 3 09/18

Best  
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