

Certified



Corporation



MegaFood
Fresh From Farm To Tablet™

Multi *for* **Women**

Supports Health & Well-Being*

DOCTOR
**TIERAONA
LOW DOG, M.D.**
FORMULATED

**60
TABLETS**
**30
SERVINGS**

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 with carrot)	4000 IU	80
❖ Vitamin C (ascorbic acid with organic orange)	100 mg	167
❖ Vitamin D3 (cholecalciferol with <i>S. cerevisiae</i>)	800 IU	200
❖ 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>)	1.5 mg	100
❖ Riboflavin (B2) (riboflavin 5'-phosphate sodium with organic brown rice)	1.7 mg	100
❖ 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)	400 mcg	100
❖ Vitamin B12 (methylcobalamin with <i>S. cerevisiae</i>)	10 mcg	167
❖ 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>)	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 (GTF) (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

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 is formulated by award-winning integrative medical physician, Tieraona Low Dog, M.D., and contains a blend of nutrients that support a woman's unique physiological needs, including normal hormonal fluctuations associated with the menstrual cycle.* FoodState® Iron replenishes levels lost during menstruation while FoodState® B vitamins support healthy natural energy production.*

❖ **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. 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

* 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,
Manchester, NH 03108 • megafood.com / 800.848.2542**



F1391B
Rev: 3 09/18

Best Before:
Lot#: 51494

To learn about our seals, please visit megafood.com/standards.