



MegaFood
Fresh From Farm To Tablet™



Multi *for* Women 55+

Supports Health & Well-Being*



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

Supplement Facts

Serving Size 2 Tablets
Servings per Container 60

	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)	22 IU	73
• Thiamin (B1) (thiamine HCl with <i>S. cerevisiae</i>)	2 mg	133
• Riboflavin (B2) (riboflavin 5'-phosphate sodium with organic brown rice)	5 mg	294
• 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>)	20 mcg	333
• Biotin (with organic brown rice)	300 mcg	100
• Pantothenic Acid (d-calcium pantothenate with organic brown rice)	8 mg	80
• Iodine..... (mineral bound <i>S. cerevisiae</i>)	50 mcg	33
• 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>)	1 mg	50
• Chromium (GTF) (mineral bound <i>S. cerevisiae</i>)	120 mcg	100
• Molybdenum (mineral bound <i>S. cerevisiae</i>)	60 mcg	80
• Potassium (mineral bound <i>S. cerevisiae</i>)	3 mg	<1
Choline (choline bitartrate)	200 mg	**
Green Tea Leaf Extract.....	250 mg	**

** % Daily Value (DV) not established

Other Ingredients: Cellulose, Silica, Stearic Acid.

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

MegaFood Multi for Women 55+ is formulated by award-winning integrative medical physician, Tieraona Low Dog, M.D., and contains a blend of vitamins, minerals and green tea leaf extract to support a woman's unique nutritional needs.* Vitamin D is included to support already healthy bones and mood.* FoodState® B vitamins support healthy energy function and nervous system health.*

• 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

IRON & VITAMIN K FREE FORMULA

* 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 MegaFood, PO Box 5244,
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Best
Before: