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MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT

*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.

MegaFood
Fresh From Farm To Tablet™

**Women Over 55
One Daily**

**Supports Optimal
Health & Well-Being***

**60 TABLETS
60 SERVINGS**

Suggested Use: 1 tablet daily with a beverage. May be taken anytime throughout the day, even on an empty stomach.

Supplement Facts

Serving Size 1 Tablet Servings per Container 60

Amount per Serving	% DV
Vitamin A (as beta carotene with carrot) [†] 180 mcg RAE	20%
Vitamin C (as ascorbic acid with organic orange) [†] 90 mg	100%
Vitamin D3 (as fermented cholecalciferol) 40 mcg	200%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) [†] 12 mg	80%
Vitamin K (as phytanadione with cabbage) [†] 80 mcg	67%
Thiamin (as thiamine hydrochloride with <i>S. cerevisiae</i>) [†] 1.2 mg	100%
Riboflavin (as riboflavin with organic brown rice) [†] 1.3 mg	100%
Niacin (as niacinamide with <i>S. cerevisiae</i>) [†] 16 mg NE	100%
Vitamin B6 (as pyridoxine hydrochloride with <i>S. cerevisiae</i>) [†] 3 mg	176%
Folate (as L-5-methyltetrahydrofolate with broccoli) [†] 200 mcg DFE (120 mcg L-5-MTHF)	50%
Vitamin B12 (as methylcobalamin with <i>S. cerevisiae</i>) [†] 4.8 mcg	200%
Fruit Phenolic Blend 100 mg Organic Whole Orange, Organic Cranberry, Organic Blueberry	**

** % Daily Value (DV) not established

Other Ingredients: Microcrystalline cellulose, ferment media (rice protein, organic brown rice, autolyzed yeast extract, yeast [inactive]), organic brown rice, silicon dioxide, rice protein, stearic acid, autolyzed yeast extract, hypromellose.

Made by MegaFood, PO Box 5244, Manchester, NH 03108 USA • megafood.com / 800.848.2542

This MegaFood product is made with real food, wholesome nutritional yeast and added nutrients. [†]This vitamin is paired with a whole food in our unique process. 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

Biotin is an important nutrient. Biotin may interfere with lab tests. If you are taking medication or planning to undergo lab testing, consult with your doctor before use.

Keep out of reach of children. Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months.

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Rev: 2 08/20

Best Before:
10/21

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