



*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™

Multi for Women

Supports Optimal Health & Well-Being*



60
TABLETS
30
SERVINGS

with brown rice, carrots, broccoli & oranges

MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT

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

Supplement Facts

Serving Size 2 Tablets Servings per Container 30

Amount per Serving	% DV
Vitamin A (as beta carotene with carrot)* 600 mcg RAE	67%
Vitamin C (as ascorbic acid with organic orange)† 100 mg	111%
Vitamin D3 (as fermented cholecalciferol) 20 mcg	100%
Vitamin E (as d-alpha tocopherol from sunflower seed oil)† 20 mg	133%
Vitamin K (as phytonadione with cabbage)† 120 mcg	100%
Thiamin (as thiamine hydrochloride with <i>S. cerevisiae</i>)† 1.5 mg	125%
Riboflavin (as riboflavin 5'-phosphate sodium with organic brown rice)† 1.7 mg	131%
Niacin (as niacinamide with <i>S. cerevisiae</i>)† 20 mg NE	125%
Vitamin B6 (as pyridoxal-5-phosphate with organic brown rice)† 6 mg	353%
Folate (as L-5-methyltetrahydrofolate with broccoli)† 680 mcg DFE (400 mcg L-5-MTHF)	170%
Vitamin B12 (as methylcobalamin with <i>S. cerevisiae</i>)† 10 mcg	417%
Biotin (as biotin with organic brown rice)† 300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate with organic brown rice)† 10 mg	200%
Choline (as choline bitartrate) 200 mg	36%
Iron (as fermented iron bisglycinate) 15 mg	83%
Iodine (as fermented iodine glycinate) 150 mcg	100%
Zinc (as zinc bisglycinate) 15 mg	136%
Selenium (as fermented selenium glycinate) 50 mcg	91%
Copper (as fermented copper bisglycinate) 0.2 mg	22%
Manganese (as fermented manganese bisglycinate) 2 mg	87%
GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 100 mcg	286%
Molybdenum (as fermented molybdenum bisglycinate) 55 mcg	122%
Vitamin K2 (as menaquinone-7 with cabbage)† 40 mcg	**

** % Daily Value (DV) not established

Other Ingredients: 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
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MegaFood Multi for Women is formulated by award-winning integrative medical physician Tieraona Low Dog, M.D. specifically for women who seek optimal health and well-being.* Crafted with a blend of vitamins and minerals, this multi supports a woman's unique physiological needs, including normal hormonal fluctuations associated with the menstrual cycle, iron lost during menstruation, B vitamins for healthy energy production and nervous system health, and vitamin D to support healthy bones.*

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.

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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.

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.

Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months. Tablet color may naturally change over time.



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Lot#: _____
Best Before: _____