



*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 55+

Supports Optimal
Health & Well-Being*



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)* 360 mcg RAE	40%
Vitamin C (as ascorbic acid with organic orange)* 100 mg	111%
Vitamin D3 (as fermented cholecalciferol) 25 mcg	125%
Vitamin E (as d-alpha tocopherol from sunflower seed oil)* 14.7 mg	98%
Thiamin (as thiamine HCl with <i>S. cerevisiae</i>)* 2 mg	167%
Riboflavin (as riboflavin 5'-phosphate sodium with organic brown rice)* 2.6 mg	200%
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) † 340 mcg DFE (200 mcg L-5-MTHF)	85%
Vitamin B12 (as methylcobalamin with <i>S. cerevisiae</i>)* 20 mcg	833%
Biotin (as biotin with organic brown rice)* 300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate with organic brown rice)* 8 mg	160%
Choline (as choline bitartrate) 200 mg	36%
Iodine (as fermented iodine glycinate) 50 mcg	33%
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) 1 mg	43%
Chromium (as fermented chromium glycinate, nicotinate, glutamate) 120 mcg	343%
Molybdenum (as fermented molybdenum bisglycinate) 60 mcg	133%

Green Tea Leaf Extract 250 mg

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** % Daily Value (DV) not established

Other Ingredients: Microcrystalline cellulose, ferment media (rice protein, organic brown rice, autolyzed yeast extract, yeast [inactive]), silicon dioxide, organic brown rice, 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 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 healthy bones.* B vitamins support healthy energy function and nervous system health.*

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

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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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Best
Before: Lot#: