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* 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 40™ One Daily

Supports Optimal
Health & Well-Being*



90
TABLETS
90
SERVINGS

MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT

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 90

Amount per Serving	% DV
Vitamin A (as beta carotene with carrot)* 338 mcg RAE	38%
Vitamin C (as ascorbic acid with organic orange)* 60 mg	67%
Vitamin D3 (as fermented cholecalciferol) 10 mcg	50%
Vitamin E (as d-alpha tocopherol from sunflower seed oil)* 11 mg	73%
Vitamin K (as phytonadione with cabbage)* 30 mcg	25%
Thiamin (as thiamine hydrochloride with <i>S. cerevisiae</i>)* 3 mg	250%
Riboflavin (as riboflavin with organic brown rice)* 2 mg	154%
Niacin (as niacinamide with <i>S. cerevisiae</i>)* 20 mg NE	125%
Vitamin B6 (as pyridoxine hydrochloride with <i>S. cerevisiae</i>)* 4 mg	235%
Folate (as folic acid with broccoli)* 400 mcg DFE (240 mcg folic acid)	100%
Vitamin B12 (as cyanocobalamin with <i>S. cerevisiae</i>)* 10 mcg	417%
Biotin (as biotin with organic brown rice)* 30 mcg	100%
Pantothenic Acid (d-calcium pantothenate with organic brown rice) 10 mg	200%
Iron (as fermented iron bisglycinate) 4.5 mg	25%
Iodine (as fermented iodine glycinate) 150 mcg	100%

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

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Amount per Serving	% DV
Zinc (as fermented zinc bisglycinate) 14 mg	127%
Selenium (as fermented selenium glycinate) 15 mcg	27%
Copper (as fermented copper bisglycinate) 0.2 mg	22%
Manganese (as fermented manganese bisglycinate) 1 mg	43%
Chromium (as fermented chromium glycinate, nicotinate, glutamate) 60 mcg	171%
Molybdenum (as fermented molybdenum bisglycinate) 30 mcg	67%
Boron (as fermented boron triglycinate) 500 mcg	**
Nourishing Food & Herb Blend* 100 mg	**
Organic Chaste Tree Berry, Organic Red Clover Aerial Parts, Organic Astragalus Root, Organic Eleuthero Root, Organic Ashwagandha Root, Organic Ginkgo Leaf, Organic Hawthorn Fruit, Organic Holy Basil Leaf, Fruit Phenolic Blend (Organic Whole Orange, Organic Cranberry, Organic Blueberry), Organic Schisandra Berry, Organic Turmeric Root, Organic Ginger Root, Organic Nettle Leaf, Organic Shiitake Mushroom Mycelium	
** % Daily Value (DV) not established	

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.

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#: