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MegaFood®

Fresh From Farm To Tablet™

Women Over 40™ One Daily

Supports Optimal
Health & Well-Being*



30
TABLETS
30
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 30

Amount per Serving	% DV	Amount per Serving	% DV
Vitamin A (as beta carotene with carrot) [†] 338 mcg RAE	38%	Zinc (as fermented zinc bisglycinate) 14 mg	127%
Vitamin C (as ascorbic acid with organic orange) [†] 60 mg	67%	Selenium (as fermented selenium glycinate) 15 mcg	27%
Vitamin D3 (as fermented cholecalciferol) 10 mcg	50%	Copper (as fermented copper bisglycinate) 0.2 mg	22%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) [†] 11 mg	73%	Manganese (as fermented manganese bisglycinate) 1 mg	43%
Vitamin K (as phytonadione with cabbage) [†] 30 mcg	25%	Chromium (as fermented chromium glycinate, nicotinate, glutamate) 60 mcg	171%
Thiamin (as thiamine hydrochloride with <i>S. cerevisiae</i>) [†] 3 mg	250%	Molybdenum (as fermented molybdenum bisglycinate) 30 mcg	67%
Riboflavin (as riboflavin with organic brown rice) [†] 2 mg	154%	Boron (as fermented boron triglycinate) 500 mcg	**
Niacin (as niacinamide with <i>S. cerevisiae</i>) [†] 20 mg NE	125%	Nourishing Food & Herb Blend* 100 mg	**
Vitamin B6 (as pyridoxine hydrochloride with <i>S. cerevisiae</i>) [†] 4 mg	235%	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	
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%		

** % Daily Value (DV) not established

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.
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.

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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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Before:
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