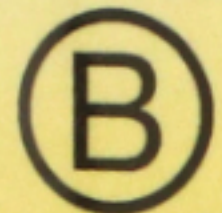


Certified



Corporation



MegaFood®

Fresh From Farm To Tablet™

Multi for Women 55+

Supports Health & Well-Being*

DOCTOR
TIERAONA
LOW DOG, M.D.
FORMULATED



60
TABLETS
30
SERVINGS

with Brown Rice, Carrots, Broccoli & Oranges
MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Tablets
Servings per Container 30

	Amount per Serving	% DV
Vitamin A..... (beta carotene with carrot)	360 mcg	RAE 40
Vitamin C..... (ascorbic acid with organic orange)	100 mg	111
Vitamin D3..... (cholecalciferol with <i>S. cerevisiae</i>)	25 mcg	125
Vitamin E..... (d-alpha tocopherol [sunflower] with organic brown rice)	15 mg	100
Thiamin (B1)..... (thiamine HCl with <i>S. cerevisiae</i>)	2 mg	167
Riboflavin (B2) (riboflavin 5'-phosphate sodium with organic brown rice)	2.6 mg	200
Niacin..... (niacinamide with <i>S. cerevisiae</i>)	20 mg	NE 125
Vitamin B6..... (pyridoxal-5-phosphate with organic brown rice)	6 mg	353
Folate..... (L-5-MTHF with broccoli)	340 mcg	DFE 85
	(200 mcg L-5-MTHF)	
Vitamin B12..... (methylcobalamin with <i>S. cerevisiae</i>)	20 mcg	833
Biotin..... (with organic brown rice)	300 mcg	1000
Pantothenic Acid..... (d-calcium pantothenate with organic brown rice)	8 mg	160
Choline..... (choline bitartrate)	200 mg	36
Iodine..... (mineral bound <i>S. cerevisiae</i>)	50 mcg	33
Zinc..... (rice amino acid chelate)	15 mg	136
Selenium..... (mineral bound <i>S. cerevisiae</i>)	50 mcg	91
Copper..... (mineral bound <i>S. cerevisiae</i>)	0.2 mg	22
Manganese..... (mineral bound <i>S. cerevisiae</i>)	1 mg	43
Chromium (GTF)..... (mineral bound <i>S. cerevisiae</i>)	120 mcg	343
Molybdenum..... (mineral bound <i>S. cerevisiae</i>)	60 mcg	133
Green Tea Leaf Extract.....	250 mg	**

** % Daily Value (DV) not established

Other Ingredients: Cellulose, Silica, Stearic Acid.

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

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.*

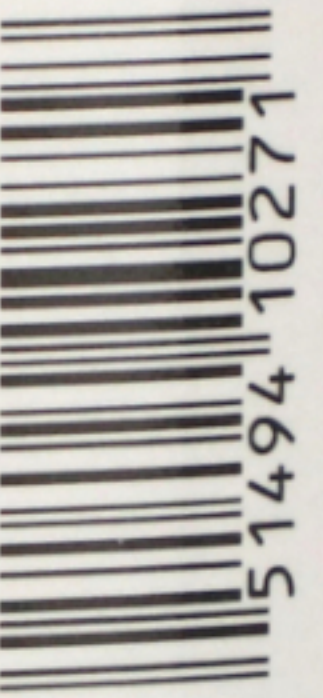
This MegaFood product is made with real food, wholesome nutritional yeast and added nutrients. Each vitamin or mineral is paired with an ideal whole food using our unique process to deliver guaranteed potency and the benefit of health-promoting compounds present in the whole food itself.* See how they're made at megafood.com/showme. 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

IRON & VITAMIN K FREE FORMULA

* 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.

Made with Love by MegaFood, PO Box 5244,
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Rev: 1 10/19

Lot#: _____
Best Before: _____

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