

Supplement Facts

Serving Size 2 Gummies Servings per Container 30

Amount per Serving	% DV
Calories 20	
Total Carbohydrate 5 g	2%*
Total Sugars 3 g	**
Includes 3 g Added Sugars	6%*
Vitamin A (as beta carotene) 600 mcg RAE	67%*
Vitamin C (as ascorbic acid) 45 mg	50%
Vitamin D3 (as cholecalciferol) 25 mcg	125%*
Vitamin E (as d-alpha tocopherol acetate) 15 mg	100%*
Vitamin K (as phytonadione) 90 mcg	75%*
Vitamin B1 (as thiamin mononitrate) 0.6 mg	50%
Vitamin B2 (as riboflavin) 0.65 mg	50%
Niacin (as niacinamide) 16 mg NE	100%
Vitamin B6 (as pyridoxine hydrochloride) 4 mg	235%*
Folate (as folic acid) 400 mcg DFE (240 mcg folic acid)	100%
Vitamin B12 (as methylcobalamin) 6 mcg	250%*
Biotin 30 mcg	100%
Choline (as choline bitartrate) 55 mg	10%
Iodine (as potassium iodide) 150 mcg	100%
Zinc (as zinc citrate) 5 mg	45%
Selenium (as sodium selenate) 27.5 mcg	50%
Chromium (as chromium chloride) 50 mcg	143%*
Molybdenum (as sodium molybdate) 20 mcg	44%*
Sodium 15 mg	1%
Boron (as sodium borate) 300 mcg	**
Organic Orange 100 mg	**

* % Daily Value based on a 2,000 calorie diet
 ** % Daily Value (DV) not established

Other Ingredients: Organic tapioca syrup, organic cane sugar, apple pectin, citric acid, natural flavors, sodium citrate, organic sunflower oil, organic carnauba wax.

Made by Pharmavite LLC, 4701 Northpark Dr., Opelika, AL 36801 USA
 Made for MegaFood • megafood.com • 800.848.2542

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

MegaFood Women's Multi Gummies support optimal health and wellness and are formulated specifically for women and their unique nutritional needs.* Choline supports healthy memory and cognitive function.* B vitamins support healthy energy production and nervous system health, and vitamin D supports healthy bones.*

We're committed to investing in agricultural practices that make a difference. That's why we use organic ingredients in our products when possible.

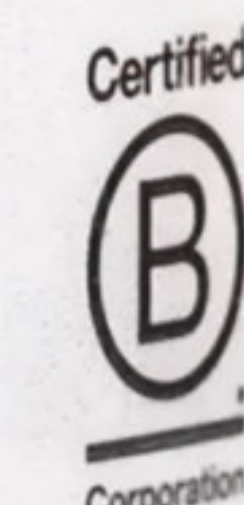
*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Keep out of reach of children. Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months.

To learn about our seals, please visit megafood.com/standards.

List No. 10434
 PET102
 Cat. A296
 8A091

REV: 3 01/21



MegaFood®

WOMEN'S MULTI

18 essential nutrients including choline & the active form of B12

TANGERINE
 FLAVOR WITH OTHER NATURAL FLAVORS



60 GUMMIES
 30 SERVINGS

DIETARY SUPPLEMENT