

Learn about our seals:  
megafood.com/standards

\*Made without milk, eggs, peanuts, tree nuts, soy, wheat, fish, shellfish and sesame.



†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.

# MegaFood®

From Farm to Tablet\*

## Women's 55+

### ADVANCED MULTIVITAMIN



- Brain health†
  - Healthy aging†
  - Bone health†
- with 20 nutrients including choline  
Plus real food

60 TABLETS / 30 SERVINGS DIETARY SUPPLEMENT



**Suggested Use:** Adults take 2 tablets daily with a beverage. May be taken anytime of 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) 360 mcg RAE	40%
Vitamin C (as ascorbic acid) 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 hydrochloride) 2 mg	167%
Riboflavin (as riboflavin 5'-phosphate sodium) 2.6 mg	200%
Niacin (as niacinamide) 20 mg NE	125%
Vitamin B6 (as pyridoxal-5-phosphate) 6 mg	353%
Folate (as calcium L-5-methyltetrahydrofolate) 340 mcg DFE (200 mcg L-5-MTHF)	85%
Vitamin B12 (as methylcobalamin) 20 mcg	833%
Biotin (as biotin) 300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate) 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	**
*Food Blend 264 mg	**
Organic brown rice, organic orange, carrot, organic broccoli	
** % Daily Value (DV) not established	

**Other Ingredients:** Microcrystalline cellulose, ferment media (organic brown rice, rice protein, autolyzed yeast extract, yeast [inactive]), rice protein, silicon dioxide, stearic acid, gum acacia, autolyzed yeast extract, hypromellose.

MADE BY MEGAFOOD, PO BOX 5244  
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**MegaFood Women's 55+ Advanced Multivitamin is crafted with 20 vitamins and minerals to support optimal health and well-being, including choline to support memory & cognitive function, zinc for immune support, antioxidant vitamins A, C, + E for healthy aging support, and vitamin D to support healthy bones.†**

This product is made with food-paired vitamins and fermented minerals. Satisfaction guaranteed or your money back.

We believe the most nutritious food comes from healthy soil. Our goal is to partner with farmers who share our commitment to regenerative agriculture, working to nourish the soil for quality ingredients that make for premium supplements.

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**CAUTION:** Biotin is an important nutrient. Biotin may interfere with lab tests. If you are taking medication or planning to undergo lab testing, consult with your doctor before use.

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

Do not use if seal under cap is broken or missing.



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