

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

ADVANCED MULTIVITAMIN



- Brain health†
 - Immune support†
 - Bone health†
- with 23 nutrients including choline
Plus real food

120 TABLETS / 60 SERVINGS

DIETARY SUPPLEMENT



Suggested Use: Adults take 2 tablets daily with a beverage. May be taken any time of day, even on an empty stomach.

Supplement Facts

Serving size 2 tablets

Servings per container 60

Amount per serving	% DV
Vitamin A (as beta carotene) 600 mcg RAE	67%
Vitamin C (as ascorbic acid) 100 mg	111%
Vitamin D3 (as fermented cholecalciferol) 20 mcg	100%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) 20 mg	133%
Vitamin K (as phytonadione) 120 mcg	100%
Thiamin (as thiamine hydrochloride) 1.5 mg	125%
Riboflavin (as riboflavin 5'-phosphate sodium) 1.7 mg	131%
Niacin (as niacinamide) 20 mg NE	125%
Vitamin B6 (as pyridoxal-5-phosphate) 6 mg	353%
Folate (as calcium L-5-methyltetrahydrofolate) 680 mcg DFE (400mcg L-5-MTHF)	170%
Vitamin B12 (as methylcobalamin) 10 mcg	417%
Biotin (as biotin) 300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate) 10 mg	200%
Choline (as choline bitartrate) 200 mg	36%
Iron (as fermented iron bisglycinate) 15 mg	83%
Iodine (as fermented iodine glycinate) 150 mcg	100%
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) 2 mg	87%
GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 100 mcg	286%
Molybdenum (as fermented molybdenum bisglycinate) 55 mcg	122%
Vitamin K2 (as menaquinone-7) 40 mcg	**
*Food Blend 315 mg	**
Organic brown rice, organic orange, carrot, organic broccoli, cabbage	
** % Daily Value (DV) not established	

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

MADE BY MEGAFOOD

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MegaFood Women's Advanced Multivitamin is crafted with 23 vitamins and minerals to support optimal health and well-being, including choline to support memory & cognitive function, vitamin C & zinc for immune support, and vitamin D to support healthy bones. Also includes iron to help replenish what is lost during menstruation.†

This product is made with food-paired vitamins and fermented minerals. 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.

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.

Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months. Tablet color may naturally change over time.

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



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Best By:
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