



F1281B
Rev: 1 1/13

Best
Before:
Lot#:

California
Blend

MegaFood™

Fresh From Farm To Tablet™

Skin, Nails & Hair™

Nourish • Strengthen • Grow*



WHOLE FOOD MULTIVITAMIN &
MINERAL DIETARY SUPPLEMENT

90
TABLETS
45
SERVINGS



Supplement Facts

Serving Size 2 Tablets

Servings per Container 45

Amount per Serving		% DV ▼	
FoodState Nutrients 			
Vitamin C	(480 mg†; oranges)	120	mg 200
Vitamin E*	(120 mg†; organic brown rice)	30	IU 100
Vitamin B6	(10 mg†; <i>S. cerevisiae</i>)	2	mg 100
Folate	(20 mg†; broccoli)	200	mcg 50
Biotin	(60 mg†; organic brown rice)	300	mcg 100
Pantothenic Acid	(60 mg†; <i>S. cerevisiae</i>)	15	mg 150
Zinc	(Amino Acid Chelate)	7.5	mg 50
Copper	(3 mg†; <i>S. cerevisiae</i>)	25	mcg 1
Boron	(25 mg†; <i>S. cerevisiae</i>)	250	mcg **
Organic Spring Horsetail Leaf		150	mg **
Organic Nettle Leaf.....		100	mg **
Chaste Tree Berry Extract.....		75	mg **
Organic Milk Thistle Seed		75	mg **
Organic Red Clover Flower		75	mg **
Rosemary Leaf Extract (<i>Rosmarinus officinalis</i>)		75	mg **
Organic Turmeric Root.....		55	mg **
Organic Chamomile Flower		50	mg **
Cranberry Fruit Extract		50	mg **
Wild Blueberry Fruit Extract		50	mg **

*Full spectrum of mixed tocotrienols and tocopherols ** % Daily Value (DV) not established

†Total Weight FoodState Nutrient to Deliver Daily Value

Other Ingredients: Plant Cellulose, Vegetable Lubricant, Silica.

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

MegaFood cares about doing things the right way – we refuse to take shortcuts, and we never compromise on quality or the things that matter. Since 1973, we have been going out of our way to source fresh and local foods from trusted farmers. We then make our wholesome supplements using our one-of-a-kind process to deliver the most authentic nutrition – much more than vitamins alone.

FoodState Nutrients™ are made with fresh and local foods. Crafted with our Slo-Food Process™, they deliver the most authentic nourishment available, which we believe the body recognizes as 100% whole food.

*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 325, Derry, NH 03038

To learn more, visit megafood.com

or call 800.848.2542 Certified Gluten-Free by QAI

Learn more about our *California Blend*
at megafood.com/prop65