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Rev: 1 1/13
Lot#: _____
Best Before: _____



MegaFood™

Fresh From Farm To Tablet™

Skin, Nails & Hair™

Nourish • Strengthen • Grow*



180
TABLETS
90
SERVINGS

WHOLE FOOD MULTIVITAMIN &
MINERAL DIETARY SUPPLEMENT



Supplement Facts

Serving Size 2 Tablets Servings per Container 90

	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