



F1232B
Rev: 21 04/12
Best Before:
Lot#:

MegaFood™

Fresh From Farm To Tablet™

Skin, Nails & Hair™

Nourish • Strengthen • Grow*



60
TABLETS
20
SERVINGS

WHOLE FOOD MULTIVITAMIN &
MINERAL DIETARY SUPPLEMENT



Supplement Facts

Serving Size 3 Tablets Servings per Container 20

	Amount per Serving	% DV	
FoodState Nutrients			
Vitamin C	(1000 mg†; oranges)	250 mg	417
Vitamin E*	(400 mg†; organic brown rice)	100 IU	333
Folate	(40 mg†; broccoli)	400 mcg	100
Biotin	(60 mg†; organic brown rice)	300 mcg	100
Pantothenic Acid	(120 mg†; S. cerevisiae)	30 mg	300
Zinc	(300 mg†; S. cerevisiae)	15 mg	100
Copper	(100 mg†; S. cerevisiae)	1 mg	50
Silica	(100 mg†; S. cerevisiae)	1 mg	**
Sulfur	(60 mg†; S. cerevisiae)	3 mg	**
Skin, Nails & Hair Beautifying Blend		375 mg	**
Organic Spring Horsetail Leaf, Organic Nettle Leaf, Organic Milk Thistle Seed, Organic Chaste Tree Berry, Organic Red Clover Flower, Organic Ashwagandha Root, Organic Chamomile Flower, Organic Yellowdock Root, Organic Dandelion Leaf & Root			
Healthy Aging Antioxidant Blend		70 mg	**
Organic Ginger Root, Organic Rosemary Leaf, Organic Turmeric Root, Organic Blueberry, Organic Cranberry			
FoodState Farm Fresh Fruit Blend		57 mg	**
Whole Orange (natural source bioflavonoids), Wild Blueberry (natural source anthocyanins), Cranberry (natural source proanthocyanidins)			
Digestive Enzyme Blend		6 mg	**
Amylase, Cellulase, Protease, Lipase			

*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: 3 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**