

MegaFood™

Fresh From Farm To Tablet™

Women Over 40™

Nourish • Balance • Rejuvenate*

WHOLE FOOD MULTIVITAMIN &
MINERAL DIETARY SUPPLEMENT



90
TABLETS
15
SERVINGS

Supplement Facts

Serving Size 6 Tablets

Servings per Container 15

Amount per Serving	%DV ▼	Amount per Serving	%DV ▼
FoodState Nutrients			
Vitamin A(200 mg†; carrots)	10000 IU 200	Copper(50 mg†; <i>S. cerevisiae</i>)	500 mcg 25
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)		Manganese.....(50 mg†; <i>S. cerevisiae</i>)	2.5 mg 125
Vitamin C(320 mg†; oranges)	80 mg 133	Chromium (GTF) ... (60 mg†; <i>S. cerevisiae</i>)	120 mcg 100
Vitamin D3(20 mg†; <i>S. cerevisiae</i>)	1000 IU 250	Molybdenum(25 mg†; <i>S. cerevisiae</i>)	50 mcg 67
Vitamin E* (120 mg†; organic brown rice)	30 IU 100	Potassium(5243 mg†; <i>S. cerevisiae</i>)	21 mg 1
Vitamin K(8 mg†; cabbage)	80 mcg 100	Boron(50 mg†; <i>S. cerevisiae</i>)	500 mcg **
Thiamine (B-1) ..(36 mg†; <i>S. cerevisiae</i>)	9 mg 600	Balancing Organic Herb Blend	310 mg **
Riboflavin (B-2) (90 mg†; <i>S. cerevisiae</i>)	9 mg 529	Organic Chaste Tree Berry, Organic Red Clover Flower, Organic Ashwagandha Root, Organic Hawthorne Berry, Organic Sacred Basil Leaf, Organic Saw Palmetto Berry	
Niacinamide(120 mg†; <i>S. cerevisiae</i>)	30 mg 150	Immune Health Blend	254 mg **
Vitamin B-6.....(60 mg†; <i>S. cerevisiae</i>)	12 mg 600	Whole Orange (natural source of bioflavonoids), Wild Blueberry (natural source of anthocyanins), Cranberry (natural source of proanthocyanidins), Organic Eleuthero Root, Organic Schisandra Berry, Organic Astragalus Root, Organic Shiitake Mushroom	
Folate(40 mg†; broccoli)	400 mcg 100	Radiant Health Blend	145 mg **
Vitamin B-12(6 mg†; <i>S. cerevisiae</i>)	30 mcg 500	Organic Blueberry, Organic Cranberry, Organic Ginkgo Leaf, Organic Nettle Leaf, Organic Ginger Root, Organic Milk Thistle Seed, Organic Turmeric Root, Organic Spring Horsetail	
Biotin(60 mg†; organic brown rice)	300 mcg 100	Digestive Enzymes	6 mg **
Pantothenic Acid (80 mg†; <i>S. cerevisiae</i>)	20 mg 200	Amylase, Cellulase, Protease, Lipase	
Calcium(2000 mg†; <i>S. cerevisiae</i>)	100 mg 10		
Iron(180 mg†; <i>S. cerevisiae</i>)	9 mg 50		
Iodine.....(6 mg†; <i>S. cerevisiae</i>)	90 mcg 60		
Magnesium ... (2000 mg†; <i>S. cerevisiae</i>)	100 mg 25		
Zinc(300 mg†; <i>S. cerevisiae</i>)	15 mg 100		
Selenium(70 mg†; <i>S. cerevisiae</i>)	70 mcg 100		

*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.

Certified Gluten-Free by QAI

Suggested Use: 6 tablets daily. May be taken anytime throughout the day, even on an empty stomach.

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.

Made with Love by MegaFood, PO Box 325, Derry, NH 03038 To learn more, visit megafood.com or call 800.848.2542

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.



F1222B
Rev: 27 04/12

Best
Before:
Lot#: