

MegaFood™

Fresh From Farm To Tablet™

Women Over 40™

Nourish • Balance • Rejuvenate*

180
TABLETS

30
SERVINGS

WHOLE FOOD MULTIVITAMIN &
MINERAL DIETARY SUPPLEMENT



Supplement Facts

Serving Size 6 Tablets

Servings per Container 30

Amount per Serving	%DV
FoodState Nutrients	
Vitamin A (200 mg†; carrots)	10000 IU 200
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)	
Vitamin C (320 mg†; oranges)	80 mg 133
Vitamin D3 (20 mg†; <i>S. cerevisiae</i>)	1000 IU 250
Vitamin E* (120 mg†; organic brown rice)	30 IU 100
Vitamin K (8 mg†; cabbage)	80 mcg 100
Thiamine (B-1) ... (36 mg†; <i>S. cerevisiae</i>)	9 mg 600
Riboflavin (B-2) .. (90 mg†; <i>S. cerevisiae</i>)	9 mg 529
Niacinamide (120 mg†; <i>S. cerevisiae</i>)	30 mg 150
Vitamin B-6 (60 mg†; <i>S. cerevisiae</i>)	12 mg 600
Folate (40 mg†; broccoli)	400 mcg 100
Vitamin B-12 (6 mg†; <i>S. cerevisiae</i>)	30 mcg 500
Biotin (60 mg†; organic brown rice)	300 mcg 100
Pantothenic Acid (80 mg†; <i>S. cerevisiae</i>)	20 mg 200
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
Copper (50 mg†; <i>S. cerevisiae</i>)	500 mcg 25

Amount per Serving	%DV
Manganese..... (50 mg†; <i>S. cerevisiae</i>)	2.5 mg 125
Chromium (GTF) (60 mg†; <i>S. cerevisiae</i>)	120 mcg 100
Molybdenum..... (25 mg†; <i>S. cerevisiae</i>)	50 mcg 67
Potassium..... (5243 mg†; <i>S. cerevisiae</i>)	21 mg 1
Boron (50 mg†; <i>S. cerevisiae</i>)	500 mcg **
Balancing Organic Herb Blend 310 mg **	
Organic Chaste Tree Berry, Organic Red Clover Flower, Organic Ashwagandha Root, Organic Hawthorne Berry, Organic Sacred Basil Leaf, Organic Saw Palmetto Berry	
Immune Health Blend 254 mg **	
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	
Radiant Health Blend 145 mg **	
Organic Blueberry, Organic Cranberry, Organic Ginkgo Leaf, Organic Nettle Leaf, Organic Ginger Root, Organic Milk Thistle Seed, Organic Turmeric Root, Organic Spring Horsetail	
Digestive Enzymes 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.

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.

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,
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To learn more, visit megafood.com
or call 800.848.2542