



F1267B
Rev: 1 08/12
Best Before:
Lot#:

MegaFood™

Fresh From Farm To Tablet™

Women Over 55™

Nourish • Revitalize • Protect*



WHOLE FOOD MULTIVITAMIN &
MINERAL DIETARY SUPPLEMENT

60
TABLETS
30
SERVINGS



Supplement Facts

Serving Size 2 Tablets

Servings per Container 30

Amount per Serving	% DV	Amount per Serving	% DV
FoodState Nutrients			
Vitamin A (50 mg†; carrots)	2500 IU 50	Iodine..... (0.3 mg†; <i>S. cerevisiae</i>)	4 mcg 3
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)		Magnesium..... (400 mg†; <i>S. cerevisiae</i>)	20 mg 5
Vitamin C (150 mg†; oranges)	60 mg 100	Zinc..... (100 mg†; <i>S. cerevisiae</i>)	5 mg 33
Vitamin D3..... (20 mg†; <i>S. cerevisiae</i>)	1000 IU 250	Selenium..... (10 mg†; <i>S. cerevisiae</i>)	10 mcg 14
Vitamin E* (28 mg†; organic brown rice)	7 IU 23	Copper..... (20 mg†; <i>S. cerevisiae</i>)	200 mcg 10
Thiamine (B-1).... (12 mg†; <i>S. cerevisiae</i>)	3 mg 200	Manganese..... (20 mg†; <i>S. cerevisiae</i>)	1 mg 50
Riboflavin (B-2).... (30 mg†; <i>S. cerevisiae</i>)	3 mg 176	Chromium (GTF) ... (60 mg†; <i>S. cerevisiae</i>)	120 mcg 100
Niacinamide..... (80 mg†; <i>S. cerevisiae</i>)	20 mg 100	Molybdenum..... (10 mg†; <i>S. cerevisiae</i>)	20 mcg 27
Vitamin B-6..... (50 mg†; <i>S. cerevisiae</i>)	10 mg 500	Potassium..... (1063 mg†; <i>S. cerevisiae</i>)	5 mg <1
Folate (20 mg†; broccoli)	200 mcg 50	Boron..... (10 mg†; <i>S. cerevisiae</i>)	100 mcg **
Vitamin B-12..... (5 mg†; <i>S. cerevisiae</i>)	25 mcg 417	Broccoli Powder.....	100 mg **
Biotin (40 mg†; organic brown rice)	200 mcg 67	Green Tea Leaf Extract	75 mg **
Pantothenic Acid (36 mg†; <i>S. cerevisiae</i>)	9 mg 90	Organic Kale Leaf.....	75 mg **
Calcium..... (200 mg†; <i>S. cerevisiae</i>)	10 mg 1	Organic Schisandra Fruit.....	50 mg **
		Wild Blueberry Fruit	25 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.

Certified Gluten-Free by QAI

IRON & VITAMIN K
FREE FORMULA

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.