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



MegaFood™
Fresh From Farm To Tablet™

Women Over 40™

Nourish • Balance • Rejuvenate*



180
TABLETS
90
SERVINGS

WHOLE FOOD MULTIVITAMIN &
MINERAL DIETARY SUPPLEMENT



Supplement Facts

Serving Size 2 Tablets Servings per Container 90

Amount per Serving		%DV ▼	Amount per Serving		%DV ▼
FoodState Nutrients 					
Vitamin A	(46 mg†; carrots)	2300 IU 46	Calcium	(200 mg†; <i>S. cerevisiae</i>)	10 mg 1
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)			Iodine	(5 mg†; <i>S. cerevisiae</i>)	75 mcg 50
Vitamin C	(240 mg†; oranges)	60 mg 100	Magnesium	(860 mg†; <i>S. cerevisiae</i>)	43 mg 11
Vitamin D3	(20 mg†; <i>S. cerevisiae</i>)	1000 IU 250	Zinc	(Amino Acid Chelate)	8 mg 53
Vitamin E* (60 mg†; organic brown rice)	15 IU 50		Selenium	(25 mg†; <i>S. cerevisiae</i>)	25 mcg 36
Vitamin K	(2 mg†; cabbage)	20 mcg 25	Copper	(20 mg†; <i>S. cerevisiae</i>)	200 mcg 10
Thiamine (B-1)	(8 mg†; <i>S. cerevisiae</i>)	2 mg 133	Manganese	(40 mg†; <i>S. cerevisiae</i>)	2 mg 100
Riboflavin (B-2)	(20 mg†; <i>S. cerevisiae</i>)	2 mg 118	Chromium (GTF)	(60 mg†; <i>S. cerevisiae</i>)	120 mcg 100
Niacinamide	(80 mg†; <i>S. cerevisiae</i>)	20 mg 100	Molybdenum	(25 mg†; <i>S. cerevisiae</i>)	50 mcg 67
Vitamin B-6	(13 mg†; <i>S. cerevisiae</i>)	2.5 mg 125	Potassium	(1454 mg†; <i>S. cerevisiae</i>)	6 mg <1
Folate	(40 mg†; broccoli)	400 mcg 100	Boron	(15 mg†; <i>S. cerevisiae</i>)	150 mcg **
Vitamin B-12	(4 mg†; <i>S. cerevisiae</i>)	18 mcg 300	Organic Ashwagandha Root		75 mg **
Biotin	(40 mg†; organic brown rice)	200 mcg 67	Organic Red Clover Flower		65 mg **
Pantothenic Acid	(20 mg†; <i>S. cerevisiae</i>)	5 mg 50	Cranberry Fruit Extract		50 mg **
			Organic Sacred Basil Leaf		50 mg **
			Organic Kale		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

Learn more about our *California Blend* at megafood.com/prop65

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.