



F1343B
Rev: 2 12/14

Lot#:
Best
Before:

MegaFood®

Fresh From Farm To Tablet™

Women's

Nourish • Balance • Energy



WHOLE FOOD MULTIVITAMIN &
MINERAL DIETARY SUPPLEMENT



90
TABLETS
30
SERVINGS

Supplement Facts

Serving Size 3 Tablets

Servings per Container 30

Amount per Serving	% DV	
FoodState Nutrients		
Vitamin A (100 mg†; carrot)	5000 IU	100
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin)		
Vitamin C (480 mg†; organic orange)	120 mg	200
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) (40 mg†; <i>S. cerevisiae</i>)	10 mg	667
Riboflavin (B-2) (100 mg†; <i>S. cerevisiae</i>)	10 mg	588
Niacinamide (120 mg†; <i>S. cerevisiae</i>)	30 mg	150
Vitamin B-6 (50 mg†; <i>S. cerevisiae</i>)	10 mg	500
Folate (80 mg†; broccoli)	800 mcg	200
Vitamin B-12 (4 mg†; <i>S. cerevisiae</i>)	20 mcg	333
Biotin (60 mg†; organic brown rice)	300 mcg	100
Pantothenic Acid (100 mg†; <i>S. cerevisiae</i>)	25 mg	250
Calcium (600 mg†; <i>S. cerevisiae</i>)	30 mg	3
Iron (360 mg†; <i>S. cerevisiae</i>)	18 mg	100
Iodine (10 mg†; <i>S. cerevisiae</i>)	150 mcg	100
Magnesium (600 mg†; <i>S. cerevisiae</i>)	30 mg	8

Amount per Serving	% DV	
Zinc (300 mg†; <i>S. cerevisiae</i>)	15 mg	100
Selenium (70 mg†; <i>S. cerevisiae</i>)	70 mcg	100
Copper (10 mg†; <i>S. cerevisiae</i>)	100 mcg	5
Manganese (40 mg†; <i>S. cerevisiae</i>)	2 mg	100
Chromium (GTF) (60 mg†; <i>S. cerevisiae</i>)	120 mcg	100
Molybdenum (15 mg†; <i>S. cerevisiae</i>)	30 mcg	40
Potassium (2629 mg†; <i>S. cerevisiae</i>)	12 mg	<1
Boron (50 mg†; <i>S. cerevisiae</i>)	500 mcg	**
Body in Balance Blend 200 mg **		
Organic Ashwagandha Root, Organic Chaste Tree Berry, Organic Eleuthero Root		
Radiant Health Blend 130 mg **		
Organic Nettle Leaf, Organic Red Raspberry Leaf, Organic Spring Horsetail Leaf, Organic Ginger Root, Organic Yellowdock Root, Organic Dandelion Leaf & Root, Organic Rosemary Leaf		
Immune Health Blend 152 mg **		
Organic Whole Orange (natural source bioflavonoids), Organic Blueberry (natural source anthocyanins), Organic Cranberry (natural source proanthocyanidins), Organic Schisandra Berry, Organic Astragalus Root, Organic Shiitake Mushroom		

*Full spectrum of mixed tocotrienols and tocopherols ** % Daily Value (DV) not established †Total Weight FoodState Nutrient to Deliver Daily Value

Other Ingredients: Plant Cellulose, Silica, Vegetable Lubricant.

Suggested Use: 3 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.