



F1338B
Rev: 7 11/15
Lot#: _____
Best Before: _____

MegaFood®

Fresh From Farm To Tablet™

Skin, Nails & Hair™

Maintains a Healthy Complexion &
Promotes the Growth of Nails & Hair*



60
TABLETS
20
SERVINGS

with Organic Horsetail, Nettle & Red Clover Blossom

MULTIVITAMIN & HERBAL
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 3 Tablets Servings per Container 20

Amount per Serving		% DV ▼	
Vitamin C	(1000 mg†; organic orange)	250 mg	417
Vitamin E*	(400 mg†; organic brown rice††)	100 IU	333
Folate	(40 mg†; broccoli)	400 mcg	100
Biotin	(60 mg†; organic brown rice††)	300 mcg	100
Pantothenic Acid	(120 mg†; S. cerevisiae)	30 mg	300
Zinc	(300 mg†; S. cerevisiae)	15 mg	100
Copper	(100 mg†; S. cerevisiae)	1 mg	50
Silica	(100 mg†; S. cerevisiae)	1 mg	**
Sulfur	(240 mg†; S. cerevisiae)	3 mg	**

Skin, Nails & Hair Beautifying Blend 375 mg **
Organic Spring Horsetail Leaf, Organic Nettle Leaf, Organic Milk Thistle Seed, Organic Chaste Tree Berry, Organic Red Clover Blossom, Organic Ashwagandha Root, Organic Chamomile Flower, Organic Yellow Dock Root, Organic Dandelion Leaf & Root

Healthy Aging Antioxidant Blend 70 mg **
Organic Ginger Root, Organic Rosemary Leaf, Organic Turmeric Root, Organic Blueberry, Organic Cranberry

FoodState® Farm Fresh Fruit Blend 57 mg **
Organic Whole Orange (natural source bioflavonoids), Organic Blueberry (natural source anthocyanins), Organic Cranberry (natural source proanthocyanidins)

** % Daily Value (DV) not established * Full spectrum of mixed tocotrienols and tocopherols
† Total Weight FoodState Nutrient to Deliver Daily Value
†† Includes Organic Brown Rice from Lundberg Family Farms

Other Ingredients: Plant Cellulose, Silica, Vegetable Lubricant.
Suggested Use: 3 tablets daily. May be taken anytime throughout the day, even on an empty stomach.

Lundberg Family Farms produces high-quality organic products, a Lundberg family passion that has spanned over 75 years and more than three generations. They grow their rice sustainably with farming practices that conserve water resources, build soil integrity, and support a healthier ecosystem. They pride themselves on making great-tasting organic products that are good for you and the environment.



Meet father & daughter, Wendell & Jessica Lundberg

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 such as Lundberg Family Farms. We then make our FoodState Nutrients™ and wholesome supplements using our Slo-Food Process™ to deliver the most authentic nutrition - much more than vitamins alone.

MegaFood will donate a portion of the profit from the sale of this product to Farm Aid. To learn more visit megafood.com/lundberg.
Lundberg Family Farms Since 1937 is a registered trademark of Wehah Farm, Inc.

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

