

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 ▼	Amount per Serving	%DV ▼
FoodState Nutrients			
Vitamin A(200 mg†; carrot)	10,000 IU 200	Manganese..... (50 mg†; <i>S. cerevisiae</i>)	2.5 mg 125
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin)		Chromium (GTF) (60 mg†; <i>S. cerevisiae</i>)	120 mcg 100
Vitamin C (320 mg†; organic orange)	80 mg 133	Molybdenum (25 mg†; <i>S. cerevisiae</i>)	50 mcg 67
Vitamin D3 (20 mg†; <i>S. cerevisiae</i>)	1000 IU 250	Potassium (5243 mg†; <i>S. cerevisiae</i>)	21 mg 1
Vitamin E* (120 mg†; organic brown rice)	30 IU 100	Boron (50 mg†; <i>S. cerevisiae</i>)	500 mcg **
Vitamin K (8 mg†; cabbage)	80 mcg 100	Balancing Organic Herb Blend	310 mg **
Thiamine (B-1) .. (36 mg†; <i>S. cerevisiae</i>)	9 mg 600	Organic Chaste Tree Berry, Organic Red Clover Flower,	
Riboflavin (B-2) .. (90 mg†; <i>S. cerevisiae</i>)	9 mg 529	Organic Ashwagandha Root, Organic Hawthorn Berry,	
Niacinamide (120 mg†; <i>S. cerevisiae</i>)	30 mg 150	Organic Sacred Basil Leaf, Organic Saw Palmetto Berry	
Vitamin B-6 (60 mg†; <i>S. cerevisiae</i>)	12 mg 600	Immune Health Blend	300 mg **
Folate (40 mg†; broccoli)	400 mcg 100	Organic Whole Orange (natural source of bioflavonoids),	
Vitamin B-12 (6 mg†; <i>S. cerevisiae</i>)	30 mcg 500	Organic Blueberry (natural source of anthocyanins),	
Biotin (60 mg†; organic brown rice)	300 mcg 100	Organic Cranberry (natural source of proanthocyanidins),	
Pantothenic Acid (80 mg†; <i>S. cerevisiae</i>)	20 mg 200	Organic Eleuthero Root, Organic Schisandra Berry,	
Calcium (2000 mg†; <i>S. cerevisiae</i>)	100 mg 10	Organic Astragalus Root, Organic Shiitake Mushroom	
Iron (180 mg†; <i>S. cerevisiae</i>)	9 mg 50	Radiant Health Blend	145 mg **
Iodine (6 mg†; <i>S. cerevisiae</i>)	90 mcg 60	Organic Blueberry, Organic Cranberry, Organic Ginkgo	
Magnesium ... (2000 mg†; <i>S. cerevisiae</i>)	100 mg 25	Leaf, Organic Nettle Leaf, Organic Ginger Root, Organic	
Zinc (300 mg†; <i>S. cerevisiae</i>)	15 mg 100	Milk Thistle Seed, Organic Turmeric Root, Organic	
Selenium (70 mg†; <i>S. cerevisiae</i>)	70 mcg 100	Spring Horsetail	
Copper (50 mg†; <i>S. cerevisiae</i>)	500 mcg 25		

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

Other Ingredients: Vegetable Lubricant, Plant Cellulose, Silica.

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.

Made with Love by MegaFood,
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To learn more, visit megafood.com
or call 800.848.2542