

MegaFood®

Fresh From Farm To Tablet™

Women Over 40™ One Daily

Nourish • Balance • Rejuvenate

MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Tablet

Servings per Container 60

Amount per Serving	% DV	
FoodState Nutrients		
Vitamin A (45 mg†; carrot)	2250 IU	45
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin)		
Vitamin C (240 mg†; organic orange)	60 mg	100
Vitamin D3 (8 mg†; <i>S. cerevisiae</i>)	400 IU	100
Vitamin E* .. (64 mg†; organic brown rice)	16 IU	53
Vitamin K (3 mg†; cabbage)	30 mcg	38
Thiamine (B-1)..... (12 mg†; <i>S. cerevisiae</i>)	3 mg	200
Riboflavin (B-2) ... (20 mg†; <i>S. cerevisiae</i>)	2 mg	118
Niacinamide..... (80 mg†; <i>S. cerevisiae</i>)	20 mg	100
Vitamin B-6..... (20 mg†; <i>S. cerevisiae</i>)	4 mg	200
Folate (40 mg†; broccoli)	400 mcg	100
Vitamin B-12 (2 mg†; <i>S. cerevisiae</i>)	10 mcg	167
Biotin (21 mg†; organic brown rice)	105 mcg	35
Pantothenic Acid .. (40 mg†; <i>S. cerevisiae</i>)	10 mg	100
Calcium (20 mg†; <i>S. cerevisiae</i>)	1 mg	<1
Iron (90 mg†; <i>S. cerevisiae</i>)	4.5 mg	25
Iodine (10 mg†; <i>S. cerevisiae</i>)	150 mcg	100
Magnesium..... (20 mg†; <i>S. cerevisiae</i>)	1 mg	<1
Zinc (280 mg†; <i>S. cerevisiae</i>)	14 mg	93

Amount per Serving	% DV	
Selenium (15 mg†; <i>S. cerevisiae</i>)	15 mcg	21
Copper..... (20 mg†; <i>S. cerevisiae</i>)	200 mcg	10
Manganese (20 mg†; <i>S. cerevisiae</i>)	1 mg	50
Chromium (GTF) .. (30 mg†; <i>S. cerevisiae</i>)	60 mcg	50
Molybdenum (15 mg†; <i>S. cerevisiae</i>)	30 mcg	40
Potassium (792 mg†; <i>S. cerevisiae</i>)	4 mg	<1
Boron..... (50 mg†; <i>S. cerevisiae</i>)	500 mcg	**
Rejuvenating and Balancing Blend 81 mg **		
Organic Chaste Tree Berry, Organic Red Clover Flower, Organic Saw Palmetto Berry, Organic Ashwagandha Root, Organic Ginkgo Leaf, Organic Hawthorn Berry, Organic Sacred Basil Leaf, Organic Turmeric Root, Organic Milk Thistle Seed, Organic Ginger Root, Organic Nettle Leaf		
Immune Health Blend 34 mg **		
Organic Astragalus Root, Organic Eleuthero Root, Organic Whole Orange (natural source bioflavonoids), Organic Blueberry (natural source anthocyanins), Organic Cranberry (natural source proanthocyanidins), Organic Schisandra Berry, 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: 1 tablet 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, real foods to provide essential vitamins and minerals that are easy-to-digest and gentle on the body, even when taken on an empty stomach.

