



MegaFood®

Fresh From Farm To Tablet™

Multi for Women 55+

Supports Health & Well-Being*



with Brown Rice, Carrots, Broccoli & Oranges

**MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT**

Supplement Facts

Serving Size 2 Tablets

Servings per Container 30

	Amount per Serving	% DV	▼
Vitamin A.....	(beta carotene in carrot)	3500 IU	70
Vitamin C.....	(ascorbic acid in organic orange†)	100 mg	167
Vitamin D3.....	(cholecalciferol in <i>S. cerevisiae</i>)	1000 IU	250
Vitamin E..	(mixed tocopherols [sunflower] in organic brown rice†)	22 IU	73
Vitamin B1.....	(thiamine HCl in <i>S. cerevisiae</i>)	2 mg	133
Vitamin B2 ..	(riboflavin 5'-phosphate sodium in organic brown rice†)	5 mg	294
Niacin	(niacinamide in <i>S. cerevisiae</i>)	20 mg	100
Vitamin B6.....	(P5P in organic brown rice†)	6 mg	300
Folate.....	(5-MTHF in broccoli)	200 mcg	50
Vitamin B12.....	(methylcobalamin in <i>S. cerevisiae</i>)	20 mcg	333
Biotin.....	(in organic brown rice†)	300 mcg	100
Pantothenic Acid.....	(calcium pantothenate in organic brown rice†)	8 mg	80
Iodine	(mineral bound <i>S. cerevisiae</i>)	50 mcg	33
Zinc	(rice amino acid chelate)	15 mg	100
Selenium	(mineral bound <i>S. cerevisiae</i>)	50 mcg	71
Copper.....	(mineral bound <i>S. cerevisiae</i>)	150 mcg	8
Manganese	(mineral bound <i>S. cerevisiae</i>)	1 mg	50
Chromium	(mineral bound <i>S. cerevisiae</i>)	120 mcg	100
Molybdenum	(mineral bound <i>S. cerevisiae</i>)	60 mcg	80
Potassium	(mineral bound <i>S. cerevisiae</i>)	3 mg	<1
Choline	(choline bitartrate)	200 mg	**
Green Tea Leaf Extract.....		250 mg	**

** % Daily Value (DV) not established

†† Uncle Matt's Organic † Lundberg Family Farms

Other Ingredients: Plant Cellulose, Silica, Stearic Acid.

Suggested Use: 2 tablets daily. May be taken anytime throughout the day, even on an empty stomach.

**IRON & VITAMIN K
FREE FORMULA**

Tieraona Low Dog, M.D., an internationally recognized expert in integrative medicine, has long been an advocate for wholesome nutrition, a healthy lifestyle and the sensible use of effective, high quality, and environmentally conscious dietary supplements. "I have partnered with MegaFood to blend the best of science and nature to create multivitamins designed to truly fortify your life." - **Dr. Low Dog**



MegaFood has been improving lives since 1973. We start with whole foods from trusted farm partners to craft each of our FoodState Nutrients™, delivering authentic nutrition - far more than vitamins and minerals alone. See how they're made at megafood.com/showme

FoodState Nutrients™ are made with whole foods to provide essential vitamins and minerals that are easy-to-digest and gentle on the body, even when taken on an empty stomach.

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.



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