



MegaFood®

Fresh From Farm To Tablet™

Skin, Nails & Hair 2™

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



with Carrots, Oranges, Nettles & Brown Rice

MULTIVITAMIN & HERBAL
DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Tablets

Servings per Container 30

	Amount per Serving	% DV	▼
Vitamin A	(80 mg†; carrot)	4000 IU	80
As beta carotene with mixed carotenoids			
Vitamin C	(800 mg†; organic orange)	200 mg	333
Vitamin E*	(120 mg†; organic brown rice††)	30 IU	100
Vitamin B6	(20 mg†; <i>S. cerevisiae</i>)	4 mg	200
Biotin	(60 mg†; organic brown rice††)	300 mcg	100
Pantothenic Acid	(80 mg†; <i>S. cerevisiae</i>)	20 mg	200
Zinc	(Amino Acid Chelate)	15 mg	100
Selenium	(50 mg†; <i>S. cerevisiae</i>)	50 mcg	71
Organic Nettle Leaf	(<i>Urtica dioica</i> ; whole leaf powder)	500 mg	**

*Full spectrum of mixed tocotrienols and tocopherols

** % Daily Value (DV) not established

†Total Weight FoodState Nutrient to Deliver Daily Value

†† Includes Organic Brown Rice from 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.

Made with Love by MegaFood, PO Box 325, Derry, NH 03038

To learn more, visit megafood.com or call 800.848.2542

Lundberg Family Farms Since 1937 is a registered trademark of Wehah Farm, Inc.

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.

* 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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Lot#: Best Before: