



F1351B
Rev: 2 01/15

Best
Before:
Lot#:

California
Blend

MegaFood®

Fresh From Farm To Tablet™

Women's

Nourish • Balance • Energy



WHOLE FOOD MULTIVITAMIN &
MINERAL DIETARY SUPPLEMENT



Supplement Facts

Serving Size 2 Tablets

Servings per Container 45

Amount per Serving	% DV ▼	Amount per Serving	% DV ▼
FoodState Nutrients			
Vitamin A (50 mg†; carrot)	2500 IU 50	Iron (270 mg†; <i>S. cerevisiae</i>)	13.5 mg 75
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin)		Iodine..... (7 mg†; <i>S. cerevisiae</i>)	100 mcg 67
Vitamin C ... (240 mg†; organic orange)	60 mg 100	Magnesium (640 mg†; <i>S. cerevisiae</i>)	32 mg 8
Vitamin D3 (20 mg†; <i>S. cerevisiae</i>)	1000 IU 250	Zinc..... (Amino Acid Chelate)	7.5 mg 50
Vitamin E* (80 mg†; organic brown rice)	20 IU 67	Selenium (18 mg†; <i>S. cerevisiae</i>)	18 mcg 26
Vitamin K (6 mg†; cabbage)	60 mcg 75	Copper (15 mg†; <i>S. cerevisiae</i>)	150 mcg 8
Thiamine (B-1). (10 mg†; <i>S. cerevisiae</i>)	2.5 mg 167	Manganese..... (16 mg†; <i>S. cerevisiae</i>)	0.8 mg 40
Riboflavin (B-2) (25 mg†; <i>S. cerevisiae</i>)	2.5 mg 147	Chromium (GTF) (50 mg†; <i>S. cerevisiae</i>)	100 mcg 83
Niacinamide (80 mg†; <i>S. cerevisiae</i>)	20 mg 100	Molybdenum (23 mg†; <i>S. cerevisiae</i>)	45 mcg 60
Vitamin B-6 (15 mg†; <i>S. cerevisiae</i>)	3 mg 150	Potassium (1525 mg†; <i>S. cerevisiae</i>)	6 mg <1
Folate (80 mg†; broccoli)	800 mcg 200	Boron (15 mg†; <i>S. cerevisiae</i>)	150 mcg **
Vitamin B-12 (2 mg†; <i>S. cerevisiae</i>)	8 mcg 133	Organic Ashwagandha Root.....	50 mg **
Biotin (45 mg†; organic brown rice)	225 mcg 75	Organic Chaste Tree Berry	50 mg **
Pantothenic Acid (40 mg†; <i>S. cerevisiae</i>)	10 mg 100	Organic Schisandra Berry	40 mg **
Calcium..... (200 mg†; <i>S. cerevisiae</i>)	10 mg 1	Cranberry Extract	30 mg **
		Organic Sacred Basil Leaf	15 mg **

*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: 2 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.

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

Learn more about our *California Blend*
at megafood.com/prop65

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.