



F1351B

Rev: 2 01/15

Lot#: Best Before:

California Blend

MegaFood®

Fresh From Farm To Tablet™

Women's

Nourish • Balance • Energy



180
TABLETS
90
SERVINGS

WHOLE FOOD MULTIVITAMIN & MINERAL DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Tablets

Servings per Container 90

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.

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.

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