



F1350B
Rev: 3 01/15

Lot#: _____
Best Before: _____

California Blend

MegaFood®

Fresh From Farm To Tablet™

Women Over 40™

Nourish • Balance • Rejuvenate



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		Calcium..... (200 mg†; <i>S. cerevisiae</i>)	10 mg 1
Vitamin A (46 mg†; carrot)	2300 IU 46	Iodine..... (5 mg†; <i>S. cerevisiae</i>)	75 mcg 50
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin)		Magnesium..... (860 mg†; <i>S. cerevisiae</i>)	43 mg 11
Vitamin C (240 mg†; organic orange)	60 mg 100	Zinc..... (Amino Acid Chelate)	8 mg 53
Vitamin D3 (20 mg†; <i>S. cerevisiae</i>)	1000 IU 250	Selenium..... (25 mg†; <i>S. cerevisiae</i>)	25 mcg 36
Vitamin E* (60 mg†; organic brown rice)	15 IU 50	Copper (20 mg†; <i>S. cerevisiae</i>)	200 mcg 10
Vitamin K (2 mg†; cabbage)	20 mcg 25	Manganese..... (40 mg†; <i>S. cerevisiae</i>)	2 mg 100
Thiamine (B-1).... (8 mg†; <i>S. cerevisiae</i>)	2 mg 133	Chromium (GTF) (60 mg†; <i>S. cerevisiae</i>)	120 mcg 100
Riboflavin (B-2) (20 mg†; <i>S. cerevisiae</i>)	2 mg 118	Molybdenum..... (25 mg†; <i>S. cerevisiae</i>)	50 mcg 67
Niacinamide (80 mg†; <i>S. cerevisiae</i>)	20 mg 100	Potassium..... (1454 mg†; <i>S. cerevisiae</i>)	6 mg <1
Vitamin B-6..... (13 mg†; <i>S. cerevisiae</i>)	2.5 mg 125	Boron..... (15 mg†; <i>S. cerevisiae</i>)	150 mcg **
Folate (40 mg†; broccoli)	400 mcg 100	Organic Ashwagandha Root.....	75 mg **
Vitamin B-12 (4 mg†; <i>S. cerevisiae</i>)	18 mcg 300	Organic Red Clover Flower.....	65 mg **
Biotin (40 mg†; organic brown rice)	200 mcg 67	Cranberry Extract	50 mg **
Pantothenic Acid (20 mg†; <i>S. cerevisiae</i>)	5 mg 50	Organic Sacred Basil Leaf	50 mg **
		Organic Kale.....	25 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, Vegetable Lubricant, Silica.

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

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.