



MegaFood®

Fresh From Farm To Tablet™

Multi for Women 40+

Supports Health & Well-Being*



120 TABLETS
60 SERVINGS

with Brown Rice, Carrots, Broccoli & Oranges

MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Tablets

Servings per Container 60

	Amount per Serving	% DV	▼
• Vitamin A	(beta carotene in carrot)	3500 IU	70
• Vitamin C	(ascorbic acid in organic orange††)	200 mg	333
• Vitamin D3	(cholecalciferol in <i>S. cerevisiae</i>)	1000 IU	250
• Vitamin E (mixed tocopherols [sunflower] in organic brown rice†)	30 IU	100	
• Vitamin K1/K2	(phytonadione/menaquinone-7 in cabbage)	80 mcg	100
• Vitamin B1	(thiamine HCl in <i>S. cerevisiae</i>)	2 mg	133
• Vitamin B2	(riboflavin 5'-phosphate sodium in organic brown rice†)	2 mg	118
• 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>)	12 mcg	200
• Biotin	(in organic brown rice†)	300 mcg	100
• Pantothenic Acid	(calcium pantothenate in organic brown rice†)	10 mg	100
• Iron	(mineral bound <i>S. cerevisiae</i>)	9 mg	50
• Iodine	(mineral bound <i>S. cerevisiae</i>)	150 mcg	100
• 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>)	2 mg	100
• Chromium	(mineral bound <i>S. cerevisiae</i>)	120 mcg	100
• Molybdenum	(mineral bound <i>S. cerevisiae</i>)	70 mcg	93
• Potassium	(mineral bound <i>S. cerevisiae</i>)	2 mg	<1
Choline	(choline bitartrate)	200 mg	**

** % Daily Value (DV) not established

†† Uncle Matt's Organic † Lundberg Family Farms

Other Ingredients: Silica, Stearic Acid, Plant Cellulose.

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

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



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Best Before:
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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.

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.