



# MegaFood®

Fresh From Farm To Tablet™

## Multi for Women

Supports Health & Well-Being\*



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)	4000 IU	80	
Vitamin C..... (ascorbic acid in organic orange††)	200 mg	333	
Vitamin D3..... (cholecalciferol in <i>S. cerevisiae</i> )	800 IU	200	
Vitamin E... (mixed tocopherols [sunflower] in organic brown rice <sup>1</sup> )	30 IU	100	
Vitamin K1/K2..... (phytonadione/menaquinone-7 in cabbage)	80 mcg	100	
Vitamin B1..... (thiamine HCl in <i>S. cerevisiae</i> )	1.5 mg	100	
Vitamin B2... (riboflavin 5'-phosphate sodium in organic brown rice <sup>1</sup> )	1.7 mg	100	
Niacin..... (niacinamide in <i>S. cerevisiae</i> )	20 mg	100	
Vitamin B6..... (P5P in organic brown rice <sup>1</sup> )	6 mg	300	
Folate..... (5-MTHF in broccoli)	400 mcg	100	
Vitamin B12..... (methylcobalamin in <i>S. cerevisiae</i> )	10 mcg	167	
Biotin..... (in organic brown rice <sup>1</sup> )	300 mcg	100	
Pantothenic Acid... (calcium pantothenate in organic brown rice <sup>1</sup> )	10 mg	100	
Iron..... (mineral bound <i>S. cerevisiae</i> )	15 mg	83	
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> )	100 mcg	83	
Molybdenum..... (mineral bound <i>S. cerevisiae</i> )	55 mcg	73	
Potassium..... (mineral bound <i>S. cerevisiae</i> )	4 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](http://megafood.com/showme)

FoodState Nutrients™ are made with whole foods to provide essential vitamins and minerals that are easy-to-digest and gentle on the body, even when taken on an empty stomach.

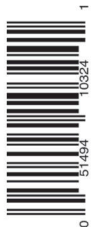
Made with Love by MegaFood, PO Box 325, Derry, NH 03038  
To learn more, visit [megafood.com](http://megafood.com) or call 800.848.2542

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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.



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