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FOR THE PLANET

Certified



Corporation

Empty & Replace Cap



GLASS BOTTLE

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† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

25
NUTRIENTS
PLUS REAL
FOOD

MegaFood
SINCE 1973



WOMEN'S

Whole Body Multi

+Triple-Action Antioxidant Support^{††}

Supports immune, brain, heart,
and healthy skin & hair[†]

DIETARY SUPPLEMENT

60 CAPSULES | 30 SERVINGS

Suggested Use: Adults take 2 capsules daily, any time of the day with food and a beverage.

Supplement Facts

Serving size 2 capsules

Amount per serving	% Daily Value
Vitamin A (as beta-carotene) 1200 mcg RAE	133%
Vitamin C (as ascorbic acid) 120 mg	133%
Vitamin D3 (as cholecalciferol) 50 mcg	250%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) 20 mg	133%
Vitamin K1 (as phytonadione) 160 mcg	133%
Thiamin (as thiamine mononitrate) 3.2 mg	267%
Riboflavin (as riboflavin 5'-phosphate sodium) 3.1 mg	238%
Niacin (as niacinamide) 21 mg NE	131%
Vitamin B6 (as pyridoxal 5-phosphate) 4 mg	235%
Folate (as calcium L-5-methyltetrahydrofolate) 1335 mcg DFE (400 mcg L-5-MTHF)	334%
Vitamin B12 (as methylcobalamin) 240 mcg	10000%
Biotin (as biotin) 300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate) 10 mg	200%
Calcium (as calcium carbonate) 60 mg	5%

Other Ingredients: Hypromellose, microcrystalline cellulose, silicon dioxide, stearic acid, citric acid, dicalcium phosphate, maltodextrin.

MADE FOR MEGAFOOD, PO BOX 5244, MANCHESTER, NH 03108 USA - MEGAFOOD.COM - 800.848.2542

[†](1) Vitamins A, C, & E, (2) minerals zinc & selenium, and (3) the antioxidant fruit blend are ingredients with antioxidant activity.

^{††}Magnesium citrate is better absorbed than magnesium oxide.

Servings per container 30

Amount per serving	% Daily Value
Iron (as iron bisglycinate) 18 mg	100%
Iodine (as potassium iodide) 160 mcg	107%
Magnesium (as magnesium citrate) 40 mg	10%
Zinc (as zinc citrate) 15 mg	136%
Selenium (as sodium selenate) 73 mcg	133%
Copper (as copper bisglycinate) 1 mg	111%
Manganese (as manganese citrate) 2 mg	87%
Chromium (as chromium chloride) 40 mcg	114%
Molybdenum (as molybdenum citrate) 60 mcg	133%
Boron (as boron citrate) 1000 mcg	**
Vitamin K2 (as menaquinone-7) 120 mcg	**
VitaBerry[®] Antioxidant Fruit Blend 100 mg	**
Organic strawberry, organic raspberry, organic blueberry, organic tart cherry, organic pomegranate, organic cranberry	

** Daily Value not established

MegaFood Women's Whole Body Multi is crafted to support the unique nutritional needs of women, delivering 25 key nutrients—including all 8 B vitamins, high-absorption magnesium[†], and triple-action antioxidant support from fruits, vitamins, and trace minerals.^{††} This powerful blend helps fuel your day by supporting your immune, energy metabolism, brain, heart, healthy skin and hair, and healthy hormone production.[†]



Scan to learn more about MegaFood.

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WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

CAUTION: Biotin is an important nutrient. Biotin may interfere with lab tests. If you are taking medication or planning to undergo lab testing, consult with your doctor before use.

Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months. Do not use if seal under cap is broken or missing.

VitaBerry[®] is a registered trademark of VDF FutureCeuticals, Inc.



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BEST BY • LOT #