



WOMEN'S HEALTH

Nurture and Protect!

by Mary Bove

As a woman the importance of keeping healthy in the present day can make the difference in one's health and happiness for life. Women have special nutritional needs as they experience the various cycles in their life. It can be a challenge at times to get all the nourishment we need from the diet and it is common to be out of balance. I therefore recommend all women to supplement with a one-a-day full spectrum whole food multi-vitamin from **MegaFood** which provides pure whole food nutrients and balancing botanicals that the body can use efficiently and effectively.

Many women, especially vegans and vegetarians, are at risk for iron deficiency anemia during the fertile years due to regular or excessive menstruation. They may experience tiredness, lightheadedness, lack of energy, or shortness of breath with exertion. Many women live today feeling this way, without realizing that by simply adding an iron supplement into their diet it can have a significant impact on their quality of life. **Blood Builder®** is my choice for an iron supplement as it provides the full spectrum of whole food nutrients needed for building the blood and helping maintain healthy iron levels without constipating or causing stomach upset.

Supporting thyroid health is also important particularly as women move towards their menopausal years. The thyroid gland is sensitive to the stress of environmental toxins, selenium deficiency, low iodine, aging, radiation exposure and genetic predisposition. A low functioning thyroid is common condition that may go unchecked for sometime and is linked to metabolic disruptions such as irregular menses, weight gain, depression, falling hair, or low energy. Providing the thyroid with the nutritional and botanical building blocks delivered in **Thyroid Strength™** will support the gland and can help it not get so stressed and tired out.



MegaFood™
OUR NAME IS OUR PROMISE™

100% WHOLE FOOD FOR LIFE



Women's One Daily

Available in 30, 60 & 90 tablets

Wholesome nourishment for life in a convenient one tablet daily formula

Designed for women in their reproductive years, this 100% whole food formula provides all 24 essential nutrients, protective phytonutrients and the vital enzymes required for life! Delivered in our very own FoodState® concentrates made from fresh fruits, vegetables, whole grains and nutritional yeast, our 100% whole food nutrients nourish and rejuvenate the whole body.* Organic whole herbs gently balance and strengthen the body so you have the energy and vitality to live life to the fullest.*

- 100% Whole Food Nutrients
- Certified organic herbs
- Supports a healthy emotional balance & stress response*
- Rejuvenates health and well-being*
- Protective array of carotenoids and age-defying antioxidants from colorful whole foods
- Easy to digest & can be taken on an empty stomach without upset
- Tested FREE of pesticides, herbicides, gluten and soy

* 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.

Women Over 40™ One Daily

Available in 30, 60 and 90 tablets

Wholesome nourishment for life in a convenient one tablet daily formula

Formulated with pure whole food nutrients and select organic herbs to support a harmonious transition and maintain optimal health of women in their most powerful years.* Nourishing FoodState® concentrates made from fresh fruits, vegetables, whole grains and nutritional yeast, not only provide 100% whole food nutrients that are readily utilized by the body but also add a myriad of life-enhancing phytonutrients and enzymes. Certified organic botanicals including red clover blossoms, saw palmetto berries and *eleuthero* root promote balance and revitalize your sense of well-being.*

- 100% Whole Food Nutrients
- Certified organic herbs
- Promotes immune health and well-being*
- Protective array of carotenoids and age-defying antioxidants from colorful whole foods
- Enriched with enzymes to enhance digestive health*
- Easy to digest & can be taken on an empty stomach without upset
- Tested FREE of pesticides, herbicides, gluten and soy

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100% WHOLE FOOD FOR LIFE

Skin, Nails & Hair™

Available in 60, 90 & 180 tablets

*Promotes a healthy glow and radiant beauty**

MegaFood formulated **Skin, Nails & Hair** with 100% whole food nutrients and organic herbs known to nourish, strengthen and promote the growth of hair, skin and nails.* Purifying, hormone balancing and antioxidant rich herbs are also included to promote clear and radiant skin.* FoodState® Concentrates deliver whole food nutrients which are easy to digest and assimilate. This highly efficacious formula delivers tangible benefits when used consistently on a daily basis.

- Mineral rich herbs and 100% whole food nutrients strengthen and nourish the growth of hair and nails*
- Hormone balancing and purifying herbs promote clear and radiant skin*
- Easy to digest & can be taken on an empty stomach without upset
- Certified organic herbs
- Tested FREE of pesticides, herbicides, gluten and soy

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Thyroid Strength®

Available in 30, 60 and 90 tablets

*Supports thyroid health and enhances metabolic activity**

Thyroid Strength supports thyroid health and enhances metabolic activity.* A healthy, nourished thyroid gland supports sound energy levels, a healthy weight, balanced temperature regulation, positive mental functions, healthy muscles and the management of healthy cholesterol levels.*

- The healthy production of regulatory thyroid hormones is supported with the inclusion of 100% whole food iodine and selenium with L-tyrosine.
- Holy basil leaf and Sensoril†, a clinically studied extract of Ashwagandha, are included in **Thyroid Strength** to promote a sense of well-being and to help ward off fatigue related to low thyroid function.*
- Guggul gum resin further promotes thyroid health and helps to maintain healthy cholesterol levels.*

Driven by food, **Thyroid Strength** is easy-to-digest and gentle on the stomach.

†Sensoril is a registered trademark of Natreon, Inc.

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Blood Builder®

Available in 30, 60, 90 & 180 tablets

*Helps maintain healthy iron levels in the blood**

Blood Builder delivers 100% whole food iron with vitamins B-6, B-12 & C, essential nutrients necessary for healthy red blood cell production and iron absorption.* In addition to supplying whole food iron with superior bioavailability, **Blood Builder** delivers 125 mg of organic beet root, a concentrated food source of the red-pigment betaine and other blood-building phytonutrients.* Unlike conventional iron supplements, **Blood Builder** is pure whole food so it is easy-to-digest, even when taken on an empty stomach and will not cause constipation.

- 100% Whole Food Iron & Synergistic Nutrients
- Naturally combats fatigue and improves energy levels for life*
- Promotes healthy blood cell production*
- Delivers iron in its most bioavailable and natural whole food form*
- Is easy to digest and non-constipating*
- Naturopath and midwife recommended
- Safe and sound potencies
- Tested FREE of pesticides, herbicides, gluten, dairy and soy.

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