



MegaFood®

Fresh From Farm To Tablet™

Baby & Me 2™

Supports the Health of Mother
& Developing Child*



with Brown Rice, Carrots, Broccoli & Oranges

PRE & POST NATAL
DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Tablets

Servings per Container 30

	Amount per Serving	% DV for Pregnant and Lactating Women ▼
Vitamin A..... (beta carotene in carrot)	5000 IU	63
Vitamin C..... (ascorbic acid in organic orange††)	100 mg	167
Vitamin D3..... (cholecalciferol in <i>S. cerevisiae</i>)	600 IU	150
Vitamin E... (mixed tocopherols [sunflower] in organic brown rice†)	30 IU	100
Vitamin K1/K2..... (phytonadione/menaquinone-7 in cabbage)	60 mcg	**
Vitamin B1..... (thiamine HCl in <i>S. cerevisiae</i>)	1.5 mg	88
Vitamin B2.. (riboflavin 5'-phosphate sodium in organic brown rice†)	1.7 mg	85
Niacin..... (niacinamide in <i>S. cerevisiae</i>)	20 mg	100
Vitamin B6..... (P5P in organic brown rice†)	8 mg	320
Folate..... (5-MTHF in broccoli)	600 mcg	75
Vitamin B12..... (methylcobalamin in <i>S. cerevisiae</i>)	8 mcg	100
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>)	18 mg	100
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	**
Copper..... (mineral bound <i>S. cerevisiae</i>)	150 mcg	8
Manganese..... (mineral bound <i>S. cerevisiae</i>)	1 mg	**
Chromium..... (mineral bound <i>S. cerevisiae</i>)	50 mcg	**
Molybdenum..... (mineral bound <i>S. cerevisiae</i>)	10 mcg	**
Potassium..... (mineral bound <i>S. cerevisiae</i>)	4 mg	**
Choline..... (choline bitartrate)	300 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

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 5244 Manchester, NH 03108
To learn more, visit 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.

Store tightly sealed in a cool, dry place. Once opened, tablet color may naturally change over time.



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Best Before: #101