



MegaFood
California BLEND
Fresh From Farm To Tablet™

Women's One Daily

Supports Optimal
Health & Well-Being*

90
TABLETS
90
SERVINGS

MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Tablet
Servings per Container 90

Amount per Serving	% DV
Vitamin A (beta carotene with carrot)	375 mcg RAE 42
Vitamin C (ascorbic acid with organic orange)	60 mg 67
Vitamin D3 (cholecalciferol with <i>S. cerevisiae</i>)	20 mcg 100
Vitamin E (d-alpha tocopherol [sunflower] with organic brown rice)	8 mg 54
Vitamin K (K1) (phytonadione with cabbage) ..	50 mcg 42
Thiamin (B1) (thiamine HCl with <i>S. cerevisiae</i>)	1.5 mg 125
Riboflavin (B2) (with organic brown rice)	1.7 mg 131
Niacin (niacinamide with <i>S. cerevisiae</i>)	20 mg NE 125
Vitamin B6 (pyridoxine HCl with <i>S. cerevisiae</i>)	2.5 mg 147
Folate (folic acid with broccoli)	400 mcg DFE 100 (240 mcg folic acid)
Vitamin B12 (cyanocobalamin with <i>S. cerevisiae</i>)	8 mcg 333
Biotin (with organic brown rice)	30 mcg 100
Pantothenic Acid (d-calcium pantothenate with organic brown rice)	10 mg 200

Other Ingredients: Cellulose, Stearic Acid, Silica.

Suggested Use: 1 tablet daily. May be taken anytime
throughout the day, even on an empty stomach.

Amount per Serving	% DV
Iron (mineral bound <i>S. cerevisiae</i>)	8 mg 44
Iodine (mineral bound <i>S. cerevisiae</i>)	100 mcg 67
Zinc (rice amino acid chelate)	7.9 mg 72
Selenium (mineral bound <i>S. cerevisiae</i>)	20 mcg 36
Copper (mineral bound <i>S. cerevisiae</i>)	0.05 mg 6
Manganese (mineral bound <i>S. cerevisiae</i>) ...	1.5 mg 65
Chromium (GTF) (mineral bound <i>S. cerevisiae</i>)	50 mcg 143
Molybdenum (mineral bound <i>S. cerevisiae</i>) ..	38 mcg 84
Boron (mineral bound <i>S. cerevisiae</i>)	150 mcg **
Organic Ashwagandha Root	50 mg **
Organic Chaste Tree Berry	50 mg **
Cranberry Extract	30 mg **
Schisandra Berry Extract	30 mg **

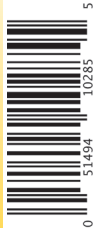
** % Daily Value (DV) not established

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.

This MegaFood product is made with real food sourced from our trusted family farm partners, wholesome nutritional yeast, added nutrients and carefully selected herbs. Each vitamin or mineral is paired with an ideal whole food using our unique process to deliver guaranteed potency and the benefit of health-promoting compounds present in the whole food itself. See how they're made at megafood.com/showme. Satisfaction guaranteed or your money back.

*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.

Made with Love by
MegaFood, PO Box 5244,
Manchester, NH 03108
megafood.com /
800.848.2542



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Best
Before:
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