



MegaFood®

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	Amount per Serving	% DV
• Vitamin A (beta carotene with carrot)	370 mcg RAE	41	Selenium (mineral bound <i>S. cerevisiae</i>).....	18 mcg 33
• Vitamin C (ascorbic acid with organic orange) ..	60 mg	67	Copper (mineral bound <i>S. cerevisiae</i>)	0.04 mg 4
• Vitamin D3 (cholecalciferol with <i>S. cerevisiae</i>) ..	10 mcg	50	Manganese (mineral bound <i>S. cerevisiae</i>)	2 mg 87
• Vitamin E (d-alpha tocopherol [sunflower] with organic brown rice)	10 mg	67	Chromium (GTF) (mineral bound <i>S. cerevisiae</i>)	40 mcg 114
• Vitamin K (K1) (phytonadione with cabbage) ..	75 mcg	63	Molybdenum (mineral bound <i>S. cerevisiae</i>) ..	37 mcg 82
• Thiamin (B1) (thiamine HCl with <i>S. cerevisiae</i>) ..	1.5 mg	125	• Boron (mineral bound <i>S. cerevisiae</i>)	500 mcg **
• Riboflavin (B2) (with organic brown rice)	1.7 mg	131	Nourishing Food & Herb Blend®	95 mg **
• Niacin (niacinamide with <i>S. cerevisiae</i>)	20 mg NE	125	Organic Chaste Tree Berry, [•] Fruit Phenolic Blend (Organic Whole Orange, Organic Cranberry, Organic Blueberry), Organic Astragalus Root, Organic Eleuthero Root, Organic Ashwagandha Root, Organic Ginger Root, Organic Nettle Leaf, Organic Schisandra Berry, Organic Yellow Dock Root, Organic Dandelion Leaf, Organic Dandelion Root, Organic Spring Horsetail Leaf, Organic Red Raspberry Leaf, Organic Rosemary Leaf, Organic Shiitake Mushroom Mycelium	
• Vitamin B6 (pyridoxine HCl with <i>S. cerevisiae</i>) ..	4 mg	235	** % Daily Value (DV) not established	
• Folate (folic acid with broccoli)	400 mcg DFE	100 (240 mcg folic acid)		
• Vitamin B12 (cyanocobalamin with <i>S. cerevisiae</i>)	10 mcg	417		
• Biotin (with organic brown rice)	30 mcg	100		
• Pantothenic Acid (d-calcium pantothenate with organic brown rice)	10 mg	200		
• Iron (mineral bound <i>S. cerevisiae</i>)	9 mg	50		
• Iodine (mineral bound <i>S. cerevisiae</i>)	100 mcg	67		
• Zinc (mineral bound <i>S. cerevisiae</i>)	9 mg	82		

Other Ingredients: Cellulose, Silica, Stearic Acid.
Suggested Use: 1 tablet daily. May be taken anytime
throughout the day, even on an empty stomach.

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



F1393B
Rev: 1 09/17

Best
Before:
Lot #:

