



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
• Vitamin A (beta carotene with carrot)	370 mcg RAE	41
• Vitamin C (ascorbic acid with organic orange)	60 mg	67
• Vitamin D3 (cholecalciferol with <i>S. cerevisiae</i>)	10 mcg	50
• Vitamin E (d-alpha tocopherol [sunflower] with organic brown rice)	10 mg	67
• Vitamin K (K1) (phytonadione with cabbage) ..	75 mcg	63
• 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>)	4 mg	235
• 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.

	Amount per Serving	% DV
• Selenium (mineral bound <i>S. cerevisiae</i>)	18 mcg	33
• Copper (mineral bound <i>S. cerevisiae</i>)	0.04 mg	4
• Manganese (mineral bound <i>S. cerevisiae</i>)	2 mg	87
• Chromium (GTF) (mineral bound <i>S. cerevisiae</i>)	40 mcg	114
• Molybdenum (mineral bound <i>S. cerevisiae</i>) ..	37 mcg	82
• Boron (mineral bound <i>S. cerevisiae</i>)	500 mcg	**
Nourishing Food & Herb Blend*	95 mg	**
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		
** % 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
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Best
Before: Lot#: