



**MegaFood**<sup>®</sup> California BLEND

Fresh From Farm To Tablet™

# Women's One Daily

Supports Optimal Health & Well-Being\*

30  
TABLETS  
30  
SERVINGS

MULTIVITAMIN & MINERAL  
DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 1 Tablet  
Servings per Container 30

| 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]<br>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<br>(240 mcg folic acid) |
| • Vitamin B12<br>(cyanocobalamin with <i>S. cerevisiae</i> ) .....            | 8 mcg 333                               |
| • Biotin (with organic brown rice) .....                                      | 30 mcg 100                              |
| • Pantothenic Acid (d-calcium pantothenate<br>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)<br>(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](http://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: #