

Manufactured by MegaFood
An FDA Registered Facility. GMP Compliant. PO Box 325, Derry, NH 03038
For more information visit www.megafood.com OR CALL 800-848-2542

F1212B-10
Rev: 5 07/10

Best Before: Lot#:

MegaFood™

100% WHOLE FOOD

**GLUTEN FREE
VALIDATED
SOY FREE**

Balances
Strengthens
Energizes

WOMEN'S ONE DAILY

VEGETARIAN DIETARY SUPPLEMENT

60 TABLETS

Supplement Facts

Serving Size 1 Tablet Servings per Container 60

Amount per Serving	% DV	Amount per Serving	% DV
100% Whole Food Nutrients†			
Vitamin A (50 mg whole carrots¹)	2500 IU 50	Selenium (18 mg <i>S. cerevisiae</i> ²)	18 mcg 26
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)		Copper (4 mg <i>S. cerevisiae</i> ²)	35 mcg 2
Vitamin C (240 mg whole oranges¹)	60 mg 100	Manganese (40 mg <i>S. cerevisiae</i> ²)	2 mg 100
Vitamin D3 (8 mg <i>S. cerevisiae</i> ²)	400 IU 100	Chromium (GTF) (19 mg <i>S. cerevisiae</i> ²)	37 mcg 31
Vitamin E* (60 mg organic brown rice¹)	15 IU 50	Molybdenum (19 mg <i>S. cerevisiae</i> ²)	37 mcg 49
Vitamin K (8 mg cabbage¹)	75 mcg 94	Potassium (888 mg <i>S. cerevisiae</i> ²)	4.3 mg <1
Thiamine (B-1) (6 mg <i>S. cerevisiae</i> ²)	1.5 mg 100	Boron (50 mg <i>S. cerevisiae</i> ²)	500 mcg **
Riboflavin (B-2) (17 mg <i>S. cerevisiae</i> ²)	1.7 mg 100	Balancing and Strengthening Blend..... 50 mg **	
Niacinamide (80 mg <i>S. cerevisiae</i> ²)	20 mg 100	Organic Chaste Tree Berry, Organic Ashwagandha Root, Organic Nettle Leaf, Organic Ginger Root, Organic Yellowdock Root, Organic Dandelion Root & Leaf, Organic Spring Horsetail Leaf, Organic Red Raspberry Leaf, Organic Rosemary Leaf	
Vitamin B-6 (20 mg <i>S. cerevisiae</i> ²)	4 mg 200	Immune Health Blend..... 45 mg **	
Folate (80 mg broccoli¹)	800 mcg 200	Organic Astragalus Root, Organic Eleuthero Root, Whole Orange¹ (natural source bioflavonoids), Wild Blueberry¹ (natural source anthocyanins), Cranberry¹ (natural source proanthocyanidins), Organic Schisandra Berry, Organic Shiitake Mushroom	
Vitamin B-12 (2 mg <i>S. cerevisiae</i> ²)	10 mcg 167		
Biotin (30 mg organic brown rice¹)	150 mcg 50		
Pantothenic Acid (40 mg <i>S. cerevisiae</i> ²)	10 mg 100		
Calcium (80 mg <i>S. cerevisiae</i> ²)	4 mg <1		
Iron (180 mg <i>S. cerevisiae</i> ²)	9 mg 50		
Iodine (7 mg <i>S. cerevisiae</i> ²)	100 mcg 67		
Magnesium (40 mg <i>S. cerevisiae</i> ²)	2 mg <1		
Zinc (180 mg <i>S. cerevisiae</i> ²)	9 mg 60		

** % Daily Value (DV) not established *full spectrum of mixed tocotrienols and tocopherols

Other Ingredients: Plant Cellulose, Vegetable Lubricant, Silica.
Suggested Use: 1 tablet daily. May be taken anytime throughout the day, even on an empty stomach.
MegaFood has made the highest quality whole food supplements since 1973.

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.

Women's One Daily is made only from wholesome, all natural ingredients, certified organic herbs and with no preservatives.

Whole food nutrients are readily recognized and better utilized by the body, therefore you can take lower potencies with better results. *Less is more with food.*

Easy-to-digest and full of vital nourishment, you will LOVE the MegaFood Difference - Satisfaction Guaranteed.



Tested to be FREE of: Gluten, Dairy, Soy, Pesticides and Herbicides. Does Not Contain Corn or Wheat.

† FoodState® concentrates, made from fresh, raw foods, deliver 100% whole food nutrients and protective antioxidants - *As Nature Intended*. They are a natural source of vital phytonutrients, including CoQ10, SOD, glutathione, enzymes, lipoic acid, amino acids and beta glucans. *S. cerevisiae*, a non-candida yeast, is one of nature's most nutrient-rich foods, with an array of health-promoting benefits.

