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MegaFood®

Fresh From Farm To Tablet™

Baby & Me 2™

Supports the Health of Mother & Developing Child*

DOCTOR
TIERAONA
LOW DOG, M.D.
FORMULATED



60 TABLETS
30 SERVINGS

with Brown Rice, Carrots, Broccoli & Oranges

PRE & POST NATAL
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 2 Tablets
Servings per Container 30

	Amount per Serving	% DV for Pregnant and Lactating Women	
Vitamin A	(beta carotene with carrot) 5000 IU	63	
Vitamin C	(ascorbic acid with organic orange)	100 mg	167
Vitamin D3	(cholecalciferol with <i>S. cerevisiae</i>)	600 IU	150
Vitamin E (d-alpha tocopherol [sunflower] with organic brown rice)	30 IU	100	
Vitamin K1/K2	(phytonadione/menaquinone-7 with cabbage)	60 mcg	**
Thiamin (B1)	(thiamine HCl with <i>S. cerevisiae</i>)	1.5 mg	88
Riboflavin (B2) (riboflavin 5'-phosphate sodium with organic brown rice)	1.7 mg	85	
Niacin	(niacinamide with <i>S. cerevisiae</i>)	20 mg	100
Vitamin B6	(P5P with organic brown rice)	8 mg	320
Folate	(L-5-MTHF with broccoli)	600 mcg	75
Vitamin B12	(methylcobalamin with <i>S. cerevisiae</i>)	8 mcg	100
Biotin	(with organic brown rice)	300 mcg	100
Pantothenic Acid.... (d-calcium pantothenate with organic brown rice)	10 mg	100	
Iron.....	(mineral bound <i>S. cerevisiae</i>)	18 mg	100
Iodine	(mineral bound <i>S. cerevisiae</i>)	150 mcg	100
Zinc	(rice amino acid chelate)	15 mg	100
Selenium	(mineral bound <i>S. cerevisiae</i>)	50 mcg	**
Copper	(mineral bound <i>S. cerevisiae</i>)	150 mcg	8
Manganese	(mineral bound <i>S. cerevisiae</i>)	1 mg	**
Chromium (GTF).....	(mineral bound <i>S. cerevisiae</i>)	50 mcg	**
Molybdenum	(mineral bound <i>S. cerevisiae</i>)	10 mcg	**
Potassium	(mineral bound <i>S. cerevisiae</i>)	4 mg	**
Choline.....	(choline bitartrate)	300 mg	**

** % Daily Value (DV) not established

Other Ingredients: Silica, Stearic Acid, Cellulose.

Suggested Use: 2 tablets daily. May be taken anytime throughout the day, even on an empty stomach.

MegaFood Baby & Me 2 is formulated by award-winning integrative medical physician, Tieraona Low Dog, M.D., and contains optimal levels of iron, B12, B6, and vitamin D for an already healthy mood.* Methylated folate and choline help support fetal health.*

This MegaFood product is made with real food, wholesome nutritional yeast and added nutrients. 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.

We believe that the most nutritious food comes from healthy soils and valued farmers. Our goal is to work with farmers who share our commitment to organic and regenerative agriculture. megafood.com/farmers

* 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.

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.

Store tightly sealed in a cool, dry place. Once opened, tablet color may naturally change over time.

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



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Best Before:
L01#:

