



MegaFood
Fresh From Farm To Tablet™

Baby & Me™

Supports the Health of Mother
and Developing Child*



120
TABLETS
30
SERVINGS

with Red Raspberry Leaf, Cranberries & Blueberries

**PRE & POST NATAL
DIETARY SUPPLEMENT**

Supplement Facts

Serving Size 4 Tablets
Servings per Container 30

Amount per Serving	% DV for Pregnant and Lactating Women
• Vitamin A (beta carotene with carrot) 750 mcg RAE	58
• Vitamin C (ascorbic acid with organic orange) 75 mg	63
• Vitamin D3 (cholecalciferol with <i>S. cerevisiae</i>) 15 mcg	100
• Vitamin E (d-alpha tocopherol [sunflower] with organic brown rice)	20 mg 105
• Vitamin K (K1) (phytonadione with cabbage) ... 50 mcg	56
• Thiamin (B1) (thiamine HCl with <i>S. cerevisiae</i>) ... 2 mg	143
• Riboflavin (B2) (with organic brown rice)	2 mg 125
• Niacin (niacinamide with <i>S. cerevisiae</i>)	20 mg NE 111
• Vitamin B6 (pyridoxine HCl with <i>S. cerevisiae</i>) 4 mg	200
• Folate (folic acid with broccoli)	600 mcg DFE 100 (353 mcg folic acid)
• Vitamin B12 (cyanocobalamin with <i>S. cerevisiae</i>)	20 mcg 714
• Biotin (with organic brown rice)	35 mcg 100
• Pantothenic Acid (d-calcium pantothenate with organic brown rice)	10 mg 143
• Calcium (mineral bound <i>S. cerevisiae</i>)	75 mg 6
• Iron (mineral bound <i>S. cerevisiae</i>)	18 mg 67

Other Ingredients: Cellulose, Silica, Stearic Acid.

Suggested Use: 4 tablets daily. May be taken anytime
throughout the day, even on an empty stomach.

Amount per Serving	% DV for Pregnant and Lactating Women
• Iodine (mineral bound <i>S. cerevisiae</i>)	150 mcg 52
• Magnesium (mineral bound <i>S. cerevisiae</i>) 75 mg	19
• Zinc (mineral bound <i>S. cerevisiae</i>)	15 mg 115
• Selenium (mineral bound <i>S. cerevisiae</i>)	50 mcg 71
• Copper (mineral bound <i>S. cerevisiae</i>)	0.5 mg 39
• Manganese (mineral bound <i>S. cerevisiae</i>)	5 mg 192
• Chromium (GTF) (mineral bound <i>S. cerevisiae</i>)	80 mcg 178
• Molybdenum (mineral bound <i>S. cerevisiae</i>) ..	30 mcg 60
• Boron (mineral bound <i>S. cerevisiae</i>)	500 mcg **
Nourishing Food & Herb Blend*	280 mg **
Organic Red Raspberry Leaf, Organic Ginger Root, • Fruit Phenolic Blend (Organic Whole Orange, Organic Cranberry, Organic Blueberry), Organic Chamomile Flower, Organic Dandelion Leaf, Organic Dandelion Root, Organic Spinach	

** % 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.

MegaFood Baby & Me contains FoodState® Iron for
healthy red blood cells*, together with B6, folic
acid, and vitamin D which supports already healthy
mood and bones.*

• This MegaFood product is made with real food,
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.



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 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.

Made with Love by MegaFood, PO Box 5244,
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Lot#:
Best
Before: