



**120 TABLETS**  
60 SERVINGS  
DIETARY SUPPLEMENT

To learn about our seals, please visit [megafood.com/standards](http://megafood.com/standards).  
These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent any disease.

# MegaFood® Baby & Me 2™

## PREGNATAL MULTI

For Mom & Developing Baby

- Supports optimal nutrition before & during pregnancy\*
- Choline & methylated folate to support fetal health\*



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

## Supplement Facts

Serving Size 2 Tablets Servings per Container 60

Amount per Serving	% DV for Pregnant Women
Vitamin A (as beta carotene with carrot)* 750 mcg RAE	58%
Vitamin C (as ascorbic acid with organic orange)* 100 mg	83%
Vitamin D3 (as fermented cholecalciferol) 15 mcg	100%
Vitamin E (as d-alpha tocopherol from sunflower seed oil)* 20 mg	105%
Vitamin K (as phytanodione with cabbage)* 60 mcg	67%
Thiamin (as thiamine hydrochloride with <i>S. cerevisiae</i> )* 1.5 mg	107%
Riboflavin (as riboflavin 5'-phosphate sodium with organic brown rice)* 1.7 mg	106%
Niacin (as niacinamide with <i>S. cerevisiae</i> )* 20 mg NE	111%
Vitamin B6 (as pyridoxal-5-phosphate with organic brown rice)* 8 mg	400%
Folate (as L-5-methyltetrahydrofolate with broccoli)* 1020 mcg DFE (600 mcg L-5-MTHF)	170%
Vitamin B12 (as methylcobalamin with <i>S. cerevisiae</i> )* 8 mcg	286%
Biotin (as biotin with organic brown rice)* 300 mcg	857%
Pantothenic Acid (as d-calcium pantothenate with organic brown rice)* 10 mg	143%
Choline (as choline bitartrate) 300 mg	55%
Iron (as fermented iron bisglycinate) 18 mg	67%
Iodine (as fermented iodine glycinate) 150 mcg	52%
Zinc (as zinc bisglycinate) 15 mg	115%
Selenium (as fermented selenium glycinate) 50 mcg	71%
Copper (as fermented copper bisglycinate) 0.2 mg	15%
Manganese (as fermented manganese bisglycinate) 1 mg	38%
GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 50 mcg	111%
Molybdenum (as fermented molybdenum bisglycinate) 10 mcg	20%
Vitamin K2 (as menaquinone-7 with cabbage)* 30 mcg	**

\*\* %Daily Value (DV) not established

**Other Ingredients:** Microcrystalline cellulose, ferment media (rice protein, organic brown rice, autolyzed yeast extract, yeast [inactive]), organic brown rice, silicon dioxide, rice protein, stearic acid, autolyzed yeast extract, hypromellose.  
Made by MegaFood, P.O. Box 5244, Manchester, NH 03108 USA  
[megafood.com](http://megafood.com) / 800.848.2542

MegaFood Baby & Me 2 Prenatal Multi supports optimal nutrition before and during pregnancy with specific levels of iron, vitamins B12, B6, and D3.\* Choline and methylated folate (the active form of folic acid) help support fetal health.\*



Tieraona Low Dog, M.D., our Chief Medical Advisor, is an award-winning physician and expert in dietary supplementation.

This MegaFood product is made with real food, wholesome nutritional yeast and added nutrients. \*This vitamin is paired with a whole food in our unique process. Satisfaction guaranteed or your money back.

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**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.

Biotin is an important nutrient, especially during pregnancy. Biotin may interfere with lab tests. If you are taking medication or planning to undergo lab testing, consult with your doctor before use.

Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months. Tablet color may naturally change over time.

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