NON GMO Project VERIFIED
nongmoproject.org

VEGETARIAN

CERTIFIED GLUTEN-FREE NSF

DAIRY FREE SOY FREE

KOSHER PARVE

NUTRITIONAL YEAST RESIDUE FREE

Certified B Corporation

To learn about our seals, please visit megafood.com/standards.

* 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.

MegaFood®

Fresh From Farm To Tablet™

Women's One Daily

*Supports Optimal Health & Well-Being**

36 TABLETS
36 SERVINGS

MULTIVITAMIN & MINERAL DIETARY SUPPLEMENT

Suggested Use: 1 tablet daily with a beverage. May be taken anytime throughout the day, even on an empty stomach.

Supplement Facts

Serving Size 1 Tablet Servings per Container 36

Amount per Serving	% DV
Vitamin A (as beta carotene with carrot)† 370 mcg RAE	41%
Vitamin C (as ascorbic acid with organic orange)† 60 mg	67%
Vitamin D3 (as fermented cholecalciferol)10 mcg	50%
Vitamin E (as d-alpha tocopherol from sunflower seed oil)† 10 mg	67%
Vitamin K (as phytonadione with cabbage)† 75 mcg	63%
Thiamin (as thiamine hydrochloride with *S. cerevisiae*)† 1.5 mg	125%
Riboflavin (as riboflavin with organic brown rice)† 1.7 mg	131%
Niacin (as niacinamide with *S. cerevisiae*)† 20 mg NE	125%
Vitamin B6 (as pyridoxine hydrochloride with *S. cerevisiae*)† 4 mg	235%
Folate (as folic acid with broccoli)† 400 mcg DFE (240 mcg folic acid)	100%
Vitamin B12 (as cyanocobalamin with *S. cerevisiae*)† 10 mcg	417%
Biotin (as biotin with organic brown rice)† 30 mcg	100%
Pantothenic Acid (as d-calcium pantothenate with organic brown rice)† 10 mg	200%
Iron (as fermented iron bisglycinate) 9 mg	50%
Iodine (as fermented iodine glycinate)100 mcg	67%

Amount per Serving	% DV
Zinc (as fermented zinc bisglycinate) 9 mg	82%
Selenium (as fermented selenium glycinate) 18 mcg	33%
Copper (as fermented copper bisglycinate) 0.04 mg	4%
Manganese (as fermented manganese bisglycinate) 2 mg	87%
GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 40 mcg	114%
Molybdenum (as fermented molybdenum bisglycinate) 37 mcg	82%
Boron (as fermented boron triglycinate) 500 mcg	*
Nourishing Food & Herb Blend 95 mg Organic Chaste Tree Berry, Fruit Phenolic Blend (Organic Whole Orange, Organic Cranberry, Organic Blueberry), Organic Astragalus Root, Organic Eleuthero Root, Organic Ashwagandha Root, Organic Ginger Root, Organic Nettle Leaf, Organic Schisandra Berry, Organic Yellow Dock Root, Organic Dandelion Leaf, Organic Dandelion Root, Organic Spring Horsetail Leaf, Organic Red Raspberry Leaf, Organic Rosemary Leaf, Organic Shiitake Mushroom Mycelium	**

** % Daily Value (DV) not established

Other Ingredients: Ferment media (organic brown rice, rice protein, autolyzed yeast extract, yeast [inactive]), microcrystalline cellulose, organic brown rice, rice protein, silicon dioxide, stearic acid, autolyzed yeast extract, hypromellose.

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

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.

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

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 place and avoid exposure to moisture. Once open, consume within three months.

F1393B
Rev: 2 06/20
Best By Before:
Lot#: