



# Women's One Daily

Supports Optimal Health & Well-Being\*



90 TABLETS  
90 SERVINGS

MULTIVITAMIN & MINERAL DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 1 Tablet  
Servings per Container 90

Amount per Serving	% DV	Amount per Serving	% DV
• Vitamin A (beta carotene with carrot) ....	375 mcg RAE 42	• Iron (mineral bound <i>S. cerevisiae</i> ) .....	8 mg 44
• Vitamin C (ascorbic acid with organic orange)	60 mg 67	• Iodine (mineral bound <i>S. cerevisiae</i> ) .....	100 mcg 67
• Vitamin D3 (cholecalciferol with <i>S. cerevisiae</i> )	20 mcg 100	Zinc (rice amino acid chelate) .....	7.9 mg 72
• Vitamin E (d-alpha tocopherol [sunflower] with organic brown rice) .....	8 mg 54	• Selenium (mineral bound <i>S. cerevisiae</i> ) .....	20 mcg 36
• Vitamin K (K1) (phytonadione with cabbage) ..	50 mcg 42	• Copper (mineral bound <i>S. cerevisiae</i> ) .....	0.05 mg 6
• Thiamin (B1) (thiamine HCl with <i>S. cerevisiae</i> )	1.5 mg 125	• Manganese (mineral bound <i>S. cerevisiae</i> ) ...	1.5 mg 65
• Riboflavin (B2) (with organic brown rice) .....	1.7 mg 131	• Chromium (GTF) (mineral bound <i>S. cerevisiae</i> ) .....	50 mcg 143
• Niacin (niacinamide with <i>S. cerevisiae</i> ) .....	20 mg NE 125	• Molybdenum (mineral bound <i>S. cerevisiae</i> ) ..	38 mcg 84
• Vitamin B6 (pyridoxine HCl with <i>S. cerevisiae</i> )	2.5 mg 147	• Boron (mineral bound <i>S. cerevisiae</i> ) .....	150 mcg **
• Folate (folic acid with broccoli) .....	400 mcg DFE 100 (240 mcg folic acid)	Organic Ashwagandha Root .....	50 mg **
• Vitamin B12 (cyanocobalamin with <i>S. cerevisiae</i> ) .....	8 mcg 333	Organic Chaste Tree Berry .....	50 mg **
• Biotin (with organic brown rice) .....	30 mcg 100	Cranberry Extract .....	30 mg **
• Pantothenic Acid (d-calcium pantothenate with organic brown rice) .....	10 mg 200	Schisandra Berry Extract .....	30 mg **
		** % Daily Value (DV) not established	

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](http://megafood.com/showme). Satisfaction guaranteed or your money back.

\*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.

**Other Ingredients:** Cellulose, Stearic Acid, Silica.  
**Suggested Use:** 1 tablet daily. May be taken anytime throughout the day, even on an empty stomach.

**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.

Made with Love by MegaFood, PO Box 5244, Manchester, NH 03108  
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