



**MegaFood**<sup>®</sup>  
California BLEND  
Fresh From Farm To Tablet™

**Women's One Daily**  
Supports Optimal  
Health & Well-Being\*



**30**  
TABLETS  
**30**  
SERVINGS

**MULTIVITAMIN & MINERAL  
DIETARY SUPPLEMENT**

# Supplement Facts

Serving Size 1 Tablet  
Servings per Container 30

	Amount per Serving	% DV
Vitamin A (beta carotene with carrot)	375 mcg RAE	42
Vitamin C (ascorbic acid with organic orange)	60 mg	67
Vitamin D3 (cholecalciferol with <i>S. cerevisiae</i> )	20 mcg	100
Vitamin E (d-alpha tocopherol [sunflower] with organic brown rice)	8 mg	54
Vitamin K (K1) (phytonadione with cabbage)	50 mcg	42
Thiamin (B1) (thiamine HCl with <i>S. cerevisiae</i> )	1.5 mg	125
Riboflavin (B2) (with organic brown rice)	1.7 mg	131
Niacin (niacinamide with <i>S. cerevisiae</i> )	20 mg NE	125
Vitamin B6 (pyridoxine HCl with <i>S. cerevisiae</i> )	2.5 mg	147
Folate (folic acid with broccoli) (240 mcg folic acid)	400 mcg DFE	100
Vitamin B12 (cyanocobalamin with <i>S. cerevisiae</i> )	8 mcg	333
Biotin (with organic brown rice)	30 mcg	100
Pantothenic Acid (d-calcium pantothenate with organic brown rice)	10 mg	200

**Other Ingredients:** Cellulose, Stearic Acid, Silica.

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

	Amount per Serving	% DV
Iron (mineral bound <i>S. cerevisiae</i> )	8 mg	44
Iodine (mineral bound <i>S. cerevisiae</i> )	100 mcg	67
Zinc (rice amino acid chelate)	7.9 mg	72
Selenium (mineral bound <i>S. cerevisiae</i> )	20 mcg	36
Copper (mineral bound <i>S. cerevisiae</i> )	0.05 mg	6
Manganese (mineral bound <i>S. cerevisiae</i> )	1.5 mg	65
Chromium (GTF) (mineral bound <i>S. cerevisiae</i> )	50 mcg	143
Molybdenum (mineral bound <i>S. cerevisiae</i> )	38 mcg	84
Boron (mineral bound <i>S. cerevisiae</i> )	150 mcg	**
Organic Ashwagandha Root	50 mg	**
Organic Chaste Tree Berry	50 mg	**
Cranberry Extract	30 mg	**
Schisandra Berry Extract	30 mg	**

\*\* % 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.

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.

Made with Love by  
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