

MegaFood™

100% WHOLE FOOD



Balances
Strengthens
Energizes



WOMEN'S ONE DAILY

VEGETARIAN
DIETARY SUPPLEMENT

60
TABLETS

Supplement Facts

Serving Size 1 Tablet

Servings per Container 60

Amount per Serving	% DV	
100% Whole Food Nutrients†		
Vitamin A (50 mg whole carrots†)	2500 IU	50
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)		
Vitamin C..... (240 mg whole oranges†)	60 mg	100
Vitamin D3 (8 mg <i>S. cerevisiae</i> †)	400 IU	100
Vitamin E* (60 mg organic brown rice†)	15 IU	50
Vitamin K..... (8 mg cabbage†)	75 mcg	94
Thiamine (B-1) (6 mg <i>S. cerevisiae</i> †)	1.5 mg	100
Riboflavin (B-2) (17 mg <i>S. cerevisiae</i> †)	1.7 mg	100
Niacinamide..... (80 mg <i>S. cerevisiae</i> †)	20 mg	100
Vitamin B-6 (20 mg <i>S. cerevisiae</i> †)	4 mg	200
Folate (80 mg broccoli†)	800 mcg	200
Vitamin B-12 (2 mg <i>S. cerevisiae</i> †)	10 mcg	167
Biotin..... (30 mg organic brown rice†)	150 mcg	50
Pantothenic Acid..... (40 mg <i>S. cerevisiae</i> †)	10 mg	100
Calcium (80 mg <i>S. cerevisiae</i> †)	4 mg	<1
Iron (180 mg <i>S. cerevisiae</i> †)	9 mg	50
Iodine (7 mg <i>S. cerevisiae</i> †)	100 mcg	67
Magnesium (40 mg <i>S. cerevisiae</i> †)	2 mg	<1
Zinc..... (180 mg <i>S. cerevisiae</i> †)	9 mg	60

** % Daily Value (DV) not established

Amount per Serving	% DV	
Selenium (18 mg <i>S. cerevisiae</i> †)	18 mcg	26
Copper (4 mg <i>S. cerevisiae</i> †)	35 mcg	2
Manganese..... (40 mg <i>S. cerevisiae</i> †)	2 mg	100
Chromium (GTF) (19 mg <i>S. cerevisiae</i> †)	37 mcg	31
Molybdenum (19 mg <i>S. cerevisiae</i> †)	37 mcg	49
Potassium (888 mg <i>S. cerevisiae</i> †)	4.3 mg	<1
Boron (50 mg <i>S. cerevisiae</i> †)	500 mcg	**
Balancing and Strengthening Blend..... 50 mg **		
Organic Chaste Tree Berry, Organic Ashwagandha Root, Organic Nettle Leaf, Organic Ginger Root, Organic Yellowdock Root, Organic Dandelion Root & Leaf, Organic Spring Horsetail Leaf, Organic Red Raspberry Leaf, Organic Rosemary Leaf		
Immune Health Blend..... 45 mg **		
Organic Astragalus Root, Organic Eleuthero Root, Whole Orange† (natural source bioflavonoids), Wild Blueberry† (natural source anthocyanins), Cranberry† (natural source proanthocyanidins), Organic Schisandra Berry, Organic Shiitake Mushroom		

*full spectrum of mixed tocotrienols and tocopherols

Other Ingredients: Plant Cellulose, Vegetable Lubricant, Silica.

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

MegaFood has made the highest quality whole food supplements since 1973.

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.

Women's One Daily is made only from wholesome, all natural ingredients, certified organic herbs and with no preservatives.

Whole food nutrients are readily recognized and better utilized by the body, therefore you can take lower potencies with better results. *Less is more with food.*

Easy-to-digest and full of vital nourishment, you will LOVE the MegaFood Difference - Satisfaction Guaranteed.



MegaFood.

Our Name is Our Promise™

**Tested to be FREE of:
Gluten, Dairy, Soy,
Pesticides and Herbicides.
Does Not Contain Corn or Wheat.**

† FoodState® concentrates, made from fresh, raw foods, deliver 100% whole food nutrients and protective antioxidants - *As Nature Intended*. They are a natural source of vital phytonutrients, including CoQ10, SOD, glutathione, enzymes, lipoic acid, amino acids and beta glucans. *S. cerevisiae*, a non-candida yeast, is one of nature's most nutrient-rich foods, with an array of health-promoting benefits.

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Best
Before:

Lot#:

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Manufactured by MegaFood
Made in the United States. GMP Compliant. PO Box 325, Derry, NH 03038
For more information visit www.megafood.com OR CALL 800-848-2542

