

MegaFood®

WOMEN'S ONE DAILY



**MULTIVITAMIN
SOFT CHEWS
MIXED BERRY FLAVOR**



30 INDIVIDUALLY WRAPPED
SOFT CHEWS • 30 SERVINGS

MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT

MegaFood®

MegaFood Women's One Daily Multivitamin Soft Chews support optimal health and well-being.* They contain **B vitamins** to support healthy energy production and nervous system health plus **vitamin D** to support healthy bones.* Organic cranberry is included for additional nourishment.

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



To learn about our tests, please visit 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.

Suggested Use: 1 chew daily. May be taken anytime throughout the day.

Supplement Facts

Serving Size 1 Chew
Servings per Container 30

	Amount per Serving	% DV
Calories	20	
Total Carbohydrate	4 g	1%*
Total Sugars	3 g	**
Includes 3 g Added Sugars		6%*
Vitamin A (beta carotene)	370 mcg RAE	41%
Vitamin C (ascorbic acid)	60 mg	67%
Vitamin D3 (cholecalciferol)	10 mcg	50%
Vitamin E (d-alpha tocopherol)	10 mg	67%
Niacin (niacinamide)	20 mg NE	125%
Vitamin B6 (pyridoxine hydrochloride)	4 mg	235%
Folate (folic acid)	400 mcg DFE (240 mcg folic acid)	100%
Vitamin B12 (methylcobalamin)	10 mcg	417%
Biotin	30 mcg	100%
Pantothenic Acid (d-panthenol)	10 mg	200%
Chromium (chromium picolinate)	40 mcg	114%
Molybdenum (molybdenum yeast)	37 mcg	82%
Organic Cranberry	50 mg	**
Lutein (from marigold flower)	1 mg	**
Lycopene	1 mg	**

* % Daily Value (DV) based on a 2,000 calorie diet
** % Daily Value (DV) not established

Other Ingredients: Organic Raw Cane Sugar, Organic Rice Syrup, Rice Bran, Natural Flavors, Palm Oil†, Xanthan, Lecithin, Glycine, Malic Acid, Fruit and Vegetable Juice (concentrated), Citric Acid.

Made with Love for MegaFood, PO Box 504, Manchester, NH 03108 • megafood.com / #MegaFood

Keep out of reach of children / Store tightly sealed in a cool dry place.

†Sustainably sourced and certified by the Roundtable of Sustainable Palm Oil (RSPO)

