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†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.

MegaFood®
From Farm to Tablet*

Baby & Me 2™

PRENATAL
MULTI
BEFORE & DURING PREGNANCY

Doctor formulated with Methylated Folate & Choline to help support baby's brain development†
23 key nutrients plus real food

120 TABLETS / 60 SERVINGS DIETARY SUPPLEMENT



Suggested Use: Adults take 2 tablets daily with a beverage. May be taken any time of day, even on an empty stomach.

Supplement Facts

Serving size 2 tablets

Servings per container 60

Amount per serving	% DV for Pregnant Women
Vitamin A (as beta carotene) 750 mcg RAE	58%
Vitamin C (as ascorbic acid) 100 mg	83%
Vitamin D3 (as fermented cholecalciferol) 15 mcg	100%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) 20 mg	105%
Vitamin K (as phytonadione) 60 mcg	67%
Thiamin (as thiamine hydrochloride) 1.5 mg	107%
Riboflavin (as riboflavin 5'-phosphate sodium) 1.7 mg	106%
Niacin (as niacinamide) 20 mg NE	111%
Vitamin B6 (as pyridoxal-5-phosphate) 8 mg	400%
Folate (as L-5-methyltetrahydrofolate) 1020 mcg DFE (612 mcg L-5-MTHF)	170%
Vitamin B12 (as methylcobalamin) 8 mcg	286%
Biotin (as biotin) 300 mcg	857%
Pantothenic Acid (as d-calcium pantothenate) 10 mg	143%
Choline (as choline bitartrate) 300 mg	55%
Iron (as fermented iron bisglycinate) 18 mg	67%
Iodine (as fermented iodine glycinate) 150 mcg	52%
Zinc (as zinc bisglycinate) 15 mg	115%
Selenium (as fermented selenium glycinate) 50 mcg	71%
Copper (as fermented copper bisglycinate) 0.2 mg	15%
Manganese (as fermented manganese bisglycinate) 1 mg	38%
GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 50 mcg	111%
Molybdenum (as fermented molybdenum bisglycinate) 10 mcg	20%
Vitamin K2 (as menaquinone-7) 30 mcg	**
°Food Blend 333 mg	**
Organic brown rice, organic orange, carrot, organic broccoli, cabbage	
** %Daily Value (DV) not established	

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

MADE BY MEGAFOOD, PO BOX 5244
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MegaFood Baby & Me 2 Prenatal Multi supports optimal nutrition before and during pregnancy with key nutrients like iron, vitamins B12, B6, and D3.† Methylated folate (the active form of folic acid) and Choline help support brain and spinal cord development.†

This product is made with food-paired vitamins and fermented minerals. Satisfaction guaranteed or your money back.

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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.

CAUTION: Biotin is an important nutrient, especially during pregnancy. Biotin may interfere with lab tests. If you are taking medication or planning to undergo lab testing, consult with your doctor before use.

Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months. Tablet color may naturally change over time.

Do not use if seal under cap is broken or missing.



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