

Learn about our seals:
megafood.com/standards

*Made without milk, eggs, peanuts, tree nuts, soy, wheat, fish, shellfish and sesame.



†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*

Women's ONE DAILY MULTIVITAMIN

- Immune support†
 - Energy metabolism†
 - Bone health†
- with 21 essential nutrients
Plus real food & herbs

90 TABLETS / 90 SERVINGS DIETARY SUPPLEMENT



Suggested Use: Adults take 1 tablet daily with a beverage. May be taken any time of day, even on an empty stomach.

Supplement Facts

Serving size 1 tablet Servings per container 90

Amount per serving	% DV
Vitamin A (as beta carotene) 370 mcg RAE	41%
Vitamin C (as ascorbic acid) 60 mg	67%
Vitamin D3 (as fermented cholecalciferol) 10 mcg	50%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) 10 mg	67%
Vitamin K (as phytonadione) 75 mcg	63%
Thiamin (as thiamine hydrochloride) 1.5 mg	125%
Riboflavin (as riboflavin) 1.7 mg	131%
Niacin (as niacinamide) 20 mg NE	125%
Vitamin B6 (as pyridoxine hydrochloride) 4 mg	235%
Folate (as folic acid) 400 mcg DFE (240 mcg folic acid)	100%
Vitamin B12 (as cyanocobalamin) 10 mcg	417%
Biotin (as biotin) 30 mcg	100%
Pantothenic Acid (as d-calcium pantothenate) 10 mg	200%
Iron (as fermented iron bisglycinate) 9 mg	50%
Iodine (as fermented iodine glycinate) 100 mcg	67%
Zinc (as fermented zinc bisglycinate) 9 mg	82%

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

MADE BY MEGAFOOD, PO BOX 5244, MANCHESTER, NH 03108 USA • MEGAFOOD.COM • 800.848.2542

Amount per serving	% DV
Selenium (as fermented selenium glycinate) 18 mcg	33%
Copper (as fermented copper bisglycinate) 0.04 mg	4%
Manganese (as fermented manganese bisglycinate) 2 mg	87%
GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 40 mcg	114%
Molybdenum (as fermented molybdenum bisglycinate) 37 mcg	82%
Boron (as fermented boron glycinate) 500 mcg	**
*Food & Herb Blend 259 mg	**
Organic brown rice, organic orange, carrot, organic chaste tree fruit, organic astragalus root, organic eleuthero root, organic cranberry, organic ashwagandha root, organic ginger root, organic nettle leaf, organic schisandra fruit, organic broccoli head, organic blueberry, cabbage head, organic dandelion leaf, organic dandelion root, organic red raspberry leaf, organic springtail leaf, organic shiitake mushroom	
** % Daily Value (DV) not established	

MegaFood Women's One Daily is a foundational multivitamin in a convenient one-a-day tablet, designed to support the unique nutritional needs of women.†

This product is made with food-paired vitamins and fermented minerals. 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.

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.

Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months. Do not use if seal under cap is broken or missing.



F1505B
Rev: 2 07/22

Lot#:
Best By:

347 10:15
10105176
OCT 2025