



F1212B
Rev: 7 04/12
Lot#: _____
Best Before: _____

MegaFood™

Fresh From Farm To Tablet™

Women's One Daily

Nourish • Balance • Protect*



30
TABLETS
30
SERVINGS

WHOLE FOOD MULTIVITAMIN & MINERAL DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Tablet Servings per Container 30

Amount per Serving	% DV	
FoodState Nutrients		
Vitamin A (50 mg†; carrots)	2500 IU	50
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)		
Vitamin C (240 mg†; 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

Amount per Serving	% DV	
Zinc (180 mg†; <i>S. cerevisiae</i>)	9 mg	60
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 mg	**
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 ** % Daily Value (DV) not established †Total Weight FoodState Nutrient to Deliver Daily Value

Other Ingredients: Plant Cellulose, Vegetable Lubricant, Silica.

Certified Gluten-Free by QAI

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

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.

Made with Love by MegaFood, PO Box 325, Derry, NH 03038 To learn more, visit megafood.com or call 800.848.2542

MegaFood cares about doing things the right way – we refuse to take shortcuts, and we never compromise on quality or the things that matter. Since 1973, we have been going out of our way to source fresh and local foods from trusted farmers. We then make our wholesome supplements using our one-of-a-kind process to deliver the most authentic nutrition - much more than vitamins alone.

FoodState Nutrients™ are made with fresh and local foods. Crafted with our **Slo-Food Process™**, they deliver the most authentic nourishment available, which we believe the body recognizes as 100% whole food.

* 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.