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Rev: 6 04/12
Best
Before:
Lot#:

MegaFood™
Fresh From Farm To Tablet™

Baby & Me™

Nourish • Gentle • Safe*



WHOLE FOOD MULTIVITAMIN & MINERAL DIETARY SUPPLEMENT

120 TABLETS
30 SERVINGS

- PRODUCT IS CERTIFIED GLUTEN FREE
- VEGETARIAN
- TESTED FREE FOR PESTICIDES & HERBICIDES
- SOY FREE
- DAIRY FREE
- FARM FRESH
- NON GMO
- PLEASE RECYCLE

Supplement Facts

Serving Size 4 Tablets Servings per Container 30

Amount per Serving	% DV for Pregnant and Lactating Women ▼
FoodState Nutrients	
Vitamin A(100 mg†; carrots)	5000 IU 63
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)	
Vitamin C(300 mg†; oranges)	75 mg 125
Vitamin D3(8 mg†; <i>S. cerevisiae</i>)	400 IU 100
Vitamin E*(120 mg†; organic brown rice)	30 IU 100
Vitamin K(5 mg†; cabbage)	50 mcg **
Thiamine (B-1)(8 mg†; <i>S. cerevisiae</i>)	2 mg 118
Riboflavin (B-2)(20 mg†; <i>S. cerevisiae</i>)	2 mg 100
Niacinamide(80 mg†; <i>S. cerevisiae</i>)	20 mg 100
Vitamin B-6(20 mg†; <i>S. cerevisiae</i>)	4 mg 160
Folate(80 mg†; broccoli)	800 mcg 100
Vitamin B-12(4 mg†; <i>S. cerevisiae</i>)	20 mcg 250
Biotin(60 mg†; organic brown rice)	300 mcg 100
Pantothenic Acid(40 mg†; <i>S. cerevisiae</i>)	10 mg 100
Calcium(1500 mg†; <i>S. cerevisiae</i>)	75 mg 6
Iron(360 mg†; <i>S. cerevisiae</i>)	18 mg 100
Iodine(10 mg†; <i>S. cerevisiae</i>)	150 mcg 100

Amount per Serving	% DV for Pregnant and Lactating Women ▼
Magnesium(1500 mg†; <i>S. cerevisiae</i>)	75 mg 17
Zinc(300 mg†; <i>S. cerevisiae</i>)	15 mg 100
Selenium(50 mg†; <i>S. cerevisiae</i>)	50 mcg **
Copper(50 mg†; <i>S. cerevisiae</i>)	500 mcg 25
Manganese(100 mg†; <i>S. cerevisiae</i>)	5 mg **
Chromium (GTF)(43 mg†; <i>S. cerevisiae</i>)	85 mcg **
Molybdenum(15 mg†; <i>S. cerevisiae</i>)	30 mcg **
Potassium(4238 mg†; <i>S. cerevisiae</i>)	17 mg **
Boron(50 mg†; <i>S. cerevisiae</i>)	500 mcg **
Nurturing Prenatal Blend	220 mg **
Organic Red Raspberry Leaf, Organic Ginger Root, Organic Chamomile Flower, Organic Dandelion Leaf & Root, Organic Spinach	
FoodState Farm Fresh Fruit Blend	40 mg **
Whole Orange (natural source bioflavonoids), Wild Blueberry (natural source anthocyanins), Cranberry (natural source proanthocyanidins)	
Gentle Digestive Enzymes	6 mg **
Amylase, Cellulase, Protease, Lipase	

*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.

Suggested Use: 4 tablets 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.

Certified Gluten-Free by QAI