



F1230B
Rev: 8 04/12
Lot#: _____
Best Before: _____

MegaFood™

Fresh From Farm To Tablet™

Baby & Me™ Herb Free

Nourish • Gentle • Safe*



120
TABLETS
30
SERVINGS

WHOLE FOOD MULTIVITAMIN &
MINERAL DIETARY SUPPLEMENT

- PRODUCT IS CERTIFIED GLUTEN FREE
- VEGETARIAN
- TESTED FREE 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 ▼	Amount per Serving	% DV for Pregnant and Lactating Women ▼
FoodState Nutrients 🍌🍌🍌			
Vitamin A (100 mg†; carrots)	5000 IU 63	Iron (360 mg†; <i>S. cerevisiae</i>)	18 mg 100
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)		Iodine (10 mg†; <i>S. cerevisiae</i>)	150 mcg 100
Vitamin C (300 mg†; oranges)	75 mg 125	Magnesium (1500 mg†; <i>S. cerevisiae</i>)	75 mg 17
Vitamin D3 (8 mg†; <i>S. cerevisiae</i>)	400 IU 100	Zinc (300 mg†; <i>S. cerevisiae</i>)	15 mg 100
Vitamin E* (120 mg†; organic brown rice)	30 IU 100	Selenium (50 mg†; <i>S. cerevisiae</i>)	50 mcg **
Vitamin K (5 mg†; cabbage)	50 mcg **	Copper (50 mg†; <i>S. cerevisiae</i>)	500 mcg 25
Thiamine (B-1) (8 mg†; <i>S. cerevisiae</i>)	2 mg 118	Manganese (100 mg†; <i>S. cerevisiae</i>)	5 mg **
Riboflavin (B-2) (20 mg†; <i>S. cerevisiae</i>)	2 mg 100	Chromium (GTF) (43 mg†; <i>S. cerevisiae</i>)	85 mcg **
Niacinamide (80 mg†; <i>S. cerevisiae</i>)	20 mg 100	Molybdenum (15 mg†; <i>S. cerevisiae</i>)	30 mcg **
Vitamin B-6 (20 mg†; <i>S. cerevisiae</i>)	4 mg 160	Potassium (4238 mg†; <i>S. cerevisiae</i>)	17 mg **
Folate (80 mg†; broccoli)	800 mcg 100	Boron (50 mg†; <i>S. cerevisiae</i>)	500 mcg **
Vitamin B-12 (4 mg†; <i>S. cerevisiae</i>)	20 mcg 250	FoodState Farm Fresh Fruit Blend	40 mg **
Biotin (60 mg†; organic brown rice)	300 mcg 100	Whole Orange (natural source bioflavonoids), Wild Blueberry (natural source anthocyanins), Cranberry (natural source proanthocyanidins)	
Pantothenic Acid (40 mg†; <i>S. cerevisiae</i>)	10 mg 100	Gentle Digestive Enzymes	6 mg **
Calcium (1500 mg†; <i>S. cerevisiae</i>)	75 mg 6	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