



F1279B
Rev: 1 1/13

Best
Before:
Lot#:

California
Blend

MegaFood™

Fresh From Farm To Tablet™

Baby & Me™

Nourish • Gentle • Safe*



120
TABLETS
60
SERVINGS

WHOLE FOOD MULTIVITAMIN &
MINERAL DIETARY SUPPLEMENT



Supplement Facts

Serving Size 2 Tablets

Servings per Container 60

	Amount per Serving	% DV for Pregnant and Lactating Women		Amount per Serving	% DV for Pregnant and Lactating Women
FoodState Nutrients					
Vitamin A	(50 mg†; carrots)	2500 IU	31	Calcium	(200 mg†; <i>S. cerevisiae</i>) 10 mg 1
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)				Iron	(360 mg†; <i>S. cerevisiae</i>) 18 mg 100
Vitamin C	(240 mg†; oranges)	60 mg	100	Iodine	(10 mg†; <i>S. cerevisiae</i>) 150 mcg 100
Vitamin D3	(20 mg†; <i>S. cerevisiae</i>)	1000 IU	250	Magnesium	(400 mg†; <i>S. cerevisiae</i>) 20 mg 4
Vitamin E* (120 mg†; organic brown rice)	30 IU	100		Zinc	(Amino Acid Chelate) 7.5 mg 50
Vitamin K	(5 mg†; cabbage)	50 mcg	**	Selenium	(35 mg†; <i>S. cerevisiae</i>) 35 mcg **
Thiamine (B-1)	(6 mg†; <i>S. cerevisiae</i>)	1.5 mg	88	Copper	(25 mg†; <i>S. cerevisiae</i>) 250 mcg 13
Riboflavin (B-2)	(17 mg†; <i>S. cerevisiae</i>)	1.7 mg	85	Manganese	(40 mg†; <i>S. cerevisiae</i>) 2 mg **
Niacinamide	(80 mg†; <i>S. cerevisiae</i>)	20 mg	100	Chromium (GTF)	(30 mg†; <i>S. cerevisiae</i>) 60 mcg **
Vitamin B-6	(13 mg†; <i>S. cerevisiae</i>)	2.5 mg	100	Molybdenum	(13 mg†; <i>S. cerevisiae</i>) 25 mcg **
Folate	(80 mg†; broccoli)	800 mcg	100	Potassium	(1395 mg†; <i>S. cerevisiae</i>) 6 mg **
Vitamin B-12	(2 mg†; <i>S. cerevisiae</i>)	8 mcg	100	Boron	(25 mg†; <i>S. cerevisiae</i>) 250 mcg **
Biotin	(40 mg†; organic brown rice)	200 mcg	67	Red Raspberry Leaf	75 mg **
Pantothenic Acid	(40 mg†; <i>S. cerevisiae</i>)	10 mg	100	Cranberry Fruit Extract	50 mg **
				Wild Blueberry Fruit Extract	50 mg **
				Organic Beet Root	40 mg **

*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: 2 tablets daily. May be taken anytime throughout the day, even on an empty stomach.

Learn more about our *California Blend* at megafood.com/prop65

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.