



F1337B
Rev: 3 05/15

Lot#: _____
Best Before: _____

MegaFood®

Fresh From Farm To Tablet™

Baby & Me™

Herb Free

Supports the Health of Mother and Developing Child*



with Organic Cranberry and Blueberry
**PRE & POST NATAL
DIETARY SUPPLEMENT**



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 ▼		
Vitamin A	(100 mg†; carrot)	5000 IU	63			Calcium	(1500 mg†; <i>S. cerevisiae</i>)	75 mg	6		
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin)						Iron	(360 mg†; <i>S. cerevisiae</i>)	18 mg	100		
Vitamin C	(300 mg†; organic orange)	75 mg	125			Iodine	(10 mg†; <i>S. cerevisiae</i>)	150 mcg	100		
Vitamin D3	(12 mg†; <i>S. cerevisiae</i>)	600 IU	150			Magnesium	(1500 mg†; <i>S. cerevisiae</i>)	75 mg	17		
Vitamin E*	(120 mg†; organic brown rice††)	30 IU	100			Zinc	(300 mg†; <i>S. cerevisiae</i>)	15 mg	100		
Vitamin K	(5 mg†; cabbage)	50 mcg	**			Selenium	(50 mg†; <i>S. cerevisiae</i>)	50 mcg	**		
Thiamine (B-1)	(8 mg†; <i>S. cerevisiae</i>)	2 mg	118			Copper	(50 mg†; <i>S. cerevisiae</i>)	500 mcg	25		
Riboflavin (B-2)	(20 mg†; <i>S. cerevisiae</i>)	2 mg	100			Manganese	(100 mg†; <i>S. cerevisiae</i>)	5 mg	**		
Niacinamide	(80 mg†; <i>S. cerevisiae</i>)	20 mg	100			Chromium (GTF)	(43 mg†; <i>S. cerevisiae</i>)	85 mcg	**		
Vitamin B-6	(20 mg†; <i>S. cerevisiae</i>)	4 mg	160			Molybdenum	(15 mg†; <i>S. cerevisiae</i>)	30 mcg	**		
Folate	(80 mg†; broccoli)	800 mcg	100			Potassium	(4238 mg†; <i>S. cerevisiae</i>)	17 mg	**		
Vitamin B-12	(4 mg†; <i>S. cerevisiae</i>)	20 mcg	250			Boron	(50 mg†; <i>S. cerevisiae</i>)	500 mcg	**		
Biotin	(60 mg†; organic brown rice††)	300 mcg	100			FoodState® Farm Fresh Fruit Blend 40 mg **					
Pantothenic Acid	(40 mg†; <i>S. cerevisiae</i>)	10 mg	100			Organic Whole Orange (natural source bioflavonoids), Organic Blueberry (natural source anthocyanins), Organic Cranberry (natural source proanthocyanidins)					

*Full spectrum of mixed tocotrienols and tocopherols ** % Daily Value (DV) not established
†Total Weight FoodState Nutrient to Deliver Daily Value †† Includes Organic Brown Rice from Lundberg Family Farms

Other Ingredients: Vegetable Lubricant, Silica, Plant Cellulose.
Suggested Use: 4 tablets daily. May be taken anytime throughout the day, even on an empty stomach.

* 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.

Lundberg Family Farms produces high-quality organic products, a Lundberg family passion that has spanned over 75 years and more than three generations. They grow their rice sustainably with farming practices that conserve water resources, build soil integrity, and support a healthier ecosystem.

They pride themselves on making great-tasting organic products that are good for you and the environment.



Meet father & daughter, Wendell & Jessica Lundberg

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 such as Lundberg Family Farms. We then make our FoodState Nutrients™ and wholesome supplements using our Slo-Food Process™ to deliver the most authentic nutrition - much more than vitamins alone.

MegaFood will donate a portion of the profit from the sale of this product to Farm Aid. To learn more visit megafood.com/lundberg.

Lundberg Family Farms Since 1937 is a registered trademark of Wehah Farm, Inc.

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