



F1336B
Rev: 4 12/15
Best Before:
Lot#:

MegaFood®

Fresh From Farm To Tablet™

Baby & Me™

Supports the Health of Mother
and Developing Child*



120
TABLETS
30
SERVINGS

with Red Raspberry Leaf, Cranberry & 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	Magnesium (1500 mg†; <i>S. cerevisiae</i>)	75 mg 17
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin)		Zinc (300 mg†; <i>S. cerevisiae</i>)	15 mg 100
Vitamin C (300 mg†; organic orange)	75 mg 125	Selenium (50 mg†; <i>S. cerevisiae</i>)	50 mcg **
Vitamin D3 (12 mg†; <i>S. cerevisiae</i>)	600 IU 150	Copper (50 mg†; <i>S. cerevisiae</i>)	500 mcg 25
Vitamin E* (120 mg†; organic brown rice††)	30 IU 100	Manganese (100 mg†; <i>S. cerevisiae</i>)	5 mg **
Vitamin K (5 mg†; cabbage)	50 mcg **	Chromium (GTF) (43 mg†; <i>S. cerevisiae</i>)	85 mcg **
Thiamine (B-1) (8 mg†; <i>S. cerevisiae</i>)	2 mg 118	Molybdenum (15 mg†; <i>S. cerevisiae</i>)	30 mcg **
Riboflavin (B-2) (20 mg†; <i>S. cerevisiae</i>)	2 mg 100	Potassium (4242 mg†; <i>S. cerevisiae</i>)	17 mg **
Niacinamide (80 mg†; <i>S. cerevisiae</i>)	20 mg 100	Boron (50 mg†; <i>S. cerevisiae</i>)	500 mcg **
Vitamin B-6 (20 mg†; <i>S. cerevisiae</i>)	4 mg 160	Nurturing Prenatal Blend	240 mg **
Folate (80 mg†; broccoli)	800 mcg 100	Organic Red Raspberry Leaf, Organic Ginger Root, Organic Chamomile Flower, Organic Dandelion Leaf & Root, Organic Spinach	
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	Organic Whole Orange (natural source bioflavonoids), Organic Blueberry (natural source anthocyanins), Organic Cranberry (natural source proanthocyanidins)	
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		

* 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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