



F1331B
Rev: 3 09/15
Lot#:
Best
Before:

MegaFood®
Fresh From Farm To Tablet™

Women's One Daily

Nourish • Balance • Protect



90
TABLETS
90
SERVINGS

MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Tablet Servings per Container 90

Amount per Serving	% DV ▼
FoodState Nutrients	
Vitamin A (50 mg†; carrot)	2500 IU 50
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin)	
Vitamin C (240 mg†; organic orange)	60 mg 100
Vitamin D3 (8 mg†; <i>S. cerevisiae</i>)	400 IU 100
Vitamin E* (60 mg†; organic brown rice)	15 IU 50
Vitamin K (8 mg†; cabbage)	75 mcg 94
Thiamine (B-1) (6 mg†; <i>S. cerevisiae</i>)	1.5 mg 100
Riboflavin (B-2) .. (17 mg†; <i>S. cerevisiae</i>)	1.7 mg 100
Niacinamide (80 mg†; <i>S. cerevisiae</i>)	20 mg 100
Vitamin B-6 (20 mg†; <i>S. cerevisiae</i>)	4 mg 200
Folate (40 mg†; broccoli)	400 mcg 100
Vitamin B-12 (2 mg†; <i>S. cerevisiae</i>)	10 mcg 167
Biotin (30 mg†; organic brown rice)	150 mcg 50
Pantothenic Acid (40 mg†; <i>S. cerevisiae</i>)	10 mg 100
Calcium (80 mg†; <i>S. cerevisiae</i>)	4 mg <1
Iron (180 mg†; <i>S. cerevisiae</i>)	9 mg 50
Iodine (7 mg†; <i>S. cerevisiae</i>)	100 mcg 67
Magnesium (40 mg†; <i>S. cerevisiae</i>)	2 mg <1
Zinc (180 mg†; <i>S. cerevisiae</i>)	9 mg 60

Amount per Serving	% DV ▼
Selenium (18 mg†; <i>S. cerevisiae</i>)	18 mcg 26
Copper (4 mg†; <i>S. cerevisiae</i>)	35 mcg 2
Manganese (40 mg†; <i>S. cerevisiae</i>)	2 mg 100
Chromium (GTF) ... (19 mg†; <i>S. cerevisiae</i>)	37 mcg 31
Molybdenum (19 mg†; <i>S. cerevisiae</i>)	37 mcg 49
Potassium (848 mg†; <i>S. cerevisiae</i>)	4.1 mg <1
Boron (50 mg†; <i>S. cerevisiae</i>)	500 mcg **
Balancing and Strengthening Blend 50 mg **	
Organic Chaste Tree Berry, Organic Ashwagandha Root, Organic Nettle Leaf, Organic Ginger Root, Organic Yellowdock Root, Organic Dandelion Root & Leaf, Organic Spring Horsetail Leaf, Organic Red Raspberry Leaf, Organic Rosemary Leaf	
Immune Health Blend 45 mg **	
Organic Astragalus Root, Organic Eleuthero Root, Organic Whole Orange (natural source bioflavonoids), Organic Blueberry (natural source anthocyanins), Organic Cranberry (natural source proanthocyanidins), Organic Schisandra Berry, Organic Shiitake Mushroom	

*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: 1 tablet 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, real foods to provide essential vitamins and minerals that are easy-to-digest and gentle on the body, even when taken on an empty stomach.