



F1364B
Rev: 2 10/15
Best Before:
Lot#:



MegaFood®

Fresh From Farm To Tablet™

Women's One Daily

Nourish • Balance • Protect



30
TABLETS
30
SERVINGS

MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Tablet

Servings per Container 30

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..... (16 mg†; <i>S. cerevisiae</i>)	800 IU	200
Vitamin E* (48 mg†; organic brown rice)	12 IU	40
Vitamin K..... (5 mg†; cabbage)	50 mcg	63
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..... (13 mg†; <i>S. cerevisiae</i>)	2.5 mg	125
Folate..... (40 mg†; broccoli)	400 mcg	100
Vitamin B-12..... (2 mg†; <i>S. cerevisiae</i>)	8 mcg	133
Biotin..... (30 mg†; organic brown rice)	150 mcg	50
Pantothenic Acid (40 mg†; <i>S. cerevisiae</i>)	10 mg	100
Calcium (40 mg†; <i>S. cerevisiae</i>)	2 mg	<1

Amount per Serving	% DV	
Iron (160 mg†; <i>S. cerevisiae</i>)	8 mg	44
Iodine (7 mg†; <i>S. cerevisiae</i>)	100 mcg	67
Magnesium..... (60 mg†; <i>S. cerevisiae</i>)	3 mg	<1
Zinc (Amino Acid Chelate)	7.5 mg	50
Selenium (20 mg†; <i>S. cerevisiae</i>)	20 mcg	29
Copper..... (5 mg†; <i>S. cerevisiae</i>)	50 mcg	3
Manganese (30 mg†; <i>S. cerevisiae</i>)	1.5 mg	75
Chromium (GTF)... (28 mg†; <i>S. cerevisiae</i>)	55 mcg	46
Molybdenum (19 mg†; <i>S. cerevisiae</i>)	38 mcg	51
Potassium (596 mg†; <i>S. cerevisiae</i>)	2.93 mg	<1
Boron (15 mg†; <i>S. cerevisiae</i>)	150 mcg	**
Organic Ashwagandha Root	50 mg	**
Organic Chaste Tree Berry.....	50 mg	**
Cranberry Fruit Extract	30 mg	**
Schisandra Berry Extract	30 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.
Suggested Use: 1 tablet 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, 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.

