



F1364B
Rev: 2 10/15

Best Lot#:
Before:

California Blend

MegaFood®

Fresh From Farm To Tablet™

Women's One Daily

Nourish • Balance • Protect



60
TABLETS
60
SERVINGS

MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Tablet

Servings per Container 60

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.

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

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

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.

