



F1347B
Rev: 3 05/15

Best
Before:
Lot#:

California Blend

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

120
TABLETS
60
SERVINGS



Supplement Facts

Serving Size 2 Tablets Servings per Container 60

| | Amount per Serving | % DV for Pregnant and Lactating Women |
|---|---------------------------------|---------------------------------------|
| Vitamin A | (50 mg†; carrot) | 2500 IU 31 |
| As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin) | | |
| Vitamin C | (240 mg†; organic orange) | 60 mg 100 |
| Vitamin D3 | (20 mg†; <i>S. cerevisiae</i>) | 1000 IU 250 |
| Vitamin E* | (120 mg†; organic brown rice††) | 30 IU 100 |
| Vitamin K | (5 mg†; cabbage) | 50 mcg ** |
| Thiamine (B-1) | (6 mg†; <i>S. cerevisiae</i>) | 1.5 mg 88 |
| Riboflavin (B-2) | (17 mg†; <i>S. cerevisiae</i>) | 1.7 mg 85 |
| Niacinamide | (80 mg†; <i>S. cerevisiae</i>) | 20 mg 100 |
| Vitamin B-6 | (13 mg†; <i>S. cerevisiae</i>) | 2.5 mg 100 |
| Folate | (80 mg†; broccoli) | 800 mcg 100 |
| Vitamin B-12 | (2 mg†; <i>S. cerevisiae</i>) | 8 mcg 100 |
| Biotin | (40 mg†; organic brown rice††) | 200 mcg 67 |
| Pantothenic Acid | (40 mg†; <i>S. cerevisiae</i>) | 10 mg 100 |

| | Amount per Serving | % DV for Pregnant and Lactating Women |
|-------------------------|-----------------------------------|---------------------------------------|
| Calcium | (200 mg†; <i>S. cerevisiae</i>) | 10 mg 1 |
| Iron | (360 mg†; <i>S. cerevisiae</i>) | 18 mg 100 |
| Iodine | (10 mg†; <i>S. cerevisiae</i>) | 150 mcg 100 |
| Magnesium | (400 mg†; <i>S. cerevisiae</i>) | 20 mg 4 |
| Zinc | (Amino Acid Chelate) | 7.5 mg 50 |
| Selenium | (35 mg†; <i>S. cerevisiae</i>) | 35 mcg ** |
| Copper | (25 mg†; <i>S. cerevisiae</i>) | 250 mcg 13 |
| Manganese | (40 mg†; <i>S. cerevisiae</i>) | 2 mg ** |
| Chromium (GTF) | (30 mg†; <i>S. cerevisiae</i>) | 60 mcg ** |
| Molybdenum | (13 mg†; <i>S. cerevisiae</i>) | 25 mcg ** |
| Potassium | (1395 mg†; <i>S. cerevisiae</i>) | 6 mg ** |
| Boron | (25 mg†; <i>S. cerevisiae</i>) | 250 mcg ** |
| Cranberry Fruit Extract | | 50 mg ** |
| Organic Beet Root | | 50 mg ** |
| Wild Blueberry Fruit | | 50 mg ** |

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

Other Ingredients: Plant Cellulose, Vegetable Lubricant, Silica.

Suggested Use: 2 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.

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.

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.
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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