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



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 ▼	Amount per Serving		% DV ▼
FoodState Nutrients 🌱					
Vitamin A	(50 mg†; carrot)	2500 IU 50	Iron	(160 mg†; <i>S. cerevisiae</i>)	8 mg 44
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin)			Iodine	(7 mg†; <i>S. cerevisiae</i>)	100 mcg 67
Vitamin C....	(240 mg†; organic orange)	60 mg 100	Magnesium.....	(60 mg†; <i>S. cerevisiae</i>)	3 mg <1
Vitamin D3.....	(16 mg†; <i>S. cerevisiae</i>)	800 IU 200	Zinc	(Amino Acid Chelate)	7.5 mg 50
Vitamin E*(48 mg†; organic brown rice)		12 IU 40	Selenium	(20 mg†; <i>S. cerevisiae</i>)	20 mcg 29
Vitamin K.....	(5 mg†; cabbage)	50 mcg 63	Copper.....	(5 mg†; <i>S. cerevisiae</i>)	50 mcg 3
Thiamine (B-1)....	(6 mg†; <i>S. cerevisiae</i>)	1.5 mg 100	Manganese	(30 mg†; <i>S. cerevisiae</i>)	1.5 mg 75
Riboflavin (B-2) (17 mg†; <i>S. cerevisiae</i>)		1.7 mg 100	Chromium (GTF)(28 mg†; <i>S. cerevisiae</i>)		55 mcg 46
Niacinamide.....	(80 mg†; <i>S. cerevisiae</i>)	20 mg 100	Molybdenum	(19 mg†; <i>S. cerevisiae</i>)	38 mcg 51
Vitamin B-6.....	(13 mg†; <i>S. cerevisiae</i>)	2.5 mg 125	Potassium	(596 mg†; <i>S. cerevisiae</i>)	2.93 mg <1
Folate.....	(40 mg†; broccoli)	400 mcg 100			
Vitamin B-12.....	(2 mg†; <i>S. cerevisiae</i>)	8 mcg 133	Boron	(15 mg†; <i>S. cerevisiae</i>)	150 mcg **
Biotin.....	(30 mg†; organic brown rice)	150 mcg 50	Organic Ashwagandha Root 50 mg **		
Pantothenic Acid(40 mg†; <i>S. cerevisiae</i>)		10 mg 100	Organic Chaste Tree Berry 50 mg **		
Calcium	(40 mg†; <i>S. cerevisiae</i>)	2 mg <1	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.

