



F1348B
Rev: 3 05/15

Best
Before:
Lot#:



MegaFood[®]

Fresh From Farm To Tablet[™]

Baby & Me[™]

Supports the Health of Mother
and Developing Child^{*}



120
TABLETS
60
SERVINGS

with Red Raspberry Leaf, Cranberry and Blueberry

PRE & POST NATAL
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 2 Tablets

Servings per Container 60

Amount per Serving	% DV for Pregnant and Lactating Women	Amount per Serving	% DV for Pregnant and Lactating Women
Vitamin A (50 mg†; carrot) 2500 IU	31	Calcium (200 mg†; <i>S. cerevisiae</i>) 10 mg	1
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin)		Iron (360 mg†; <i>S. cerevisiae</i>) 18 mg	100
Vitamin C (240 mg†; organic orange) 60 mg	100	Iodine (10 mg†; <i>S. cerevisiae</i>) 150 mcg	100
Vitamin D3 (20 mg†; <i>S. cerevisiae</i>) 1000 IU	250	Magnesium (400 mg†; <i>S. cerevisiae</i>) 20 mg	4
Vitamin E* (120 mg†; organic brown rice††) 30 IU	100	Zinc (Amino Acid Chelate) 7.5 mg	50
Vitamin K (5 mg†; cabbage) 50 mcg	**	Selenium (35 mg†; <i>S. cerevisiae</i>) 35 mcg	**
Thiamine (B-1) (6 mg†; <i>S. cerevisiae</i>) 1.5 mg	88	Copper (25 mg†; <i>S. cerevisiae</i>) 250 mcg	13
Riboflavin (B-2) (17 mg†; <i>S. cerevisiae</i>) 1.7 mg	85	Manganese (40 mg†; <i>S. cerevisiae</i>) 2 mg	**
Niacinamide (80 mg†; <i>S. cerevisiae</i>) 20 mg	100	Chromium (GTF) (30 mg†; <i>S. cerevisiae</i>) 60 mcg	**
Vitamin B-6 (13 mg†; <i>S. cerevisiae</i>) 2.5 mg	100	Molybdenum (13 mg†; <i>S. cerevisiae</i>) 25 mcg	**
Folate (80 mg†; broccoli) 800 mcg	100	Potassium (1395 mg†; <i>S. cerevisiae</i>) 6 mg	**
Vitamin B-12 (2 mg†; <i>S. cerevisiae</i>) 8 mcg	100	Boron (25 mg†; <i>S. cerevisiae</i>) 250 mcg	**
Biotin (40 mg†; organic brown rice††) 200 mcg	67	Organic Red Raspberry Leaf 75 mg	**
Pantothenic Acid .. (40 mg†; <i>S. cerevisiae</i>) 10 mg	100	Cranberry Fruit Extract 50 mg	**
		Wild Blueberry Fruit 50 mg	**
		Organic Beet Root 40 mg	**

*Full spectrum of mixed tocotrienols and tocopherols

** % Daily Value (DV) not established

†Total Weight FoodState Nutrient to Deliver Daily Value

†† Includes Organic Brown Rice from Lundberg Family Farms

Other Ingredients: Plant Cellulose, Silica, Vegetable Lubricant.

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.



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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