



# MegaFood®

**Fresh From Farm To Tablet™**

## Baby & Me 2™

**Supports the Health of Mother & Developing Child\***



**with Brown Rice, Carrots, Broccoli & Oranges**

**PRE & POST NATAL  
DIETARY SUPPLEMENT**

## Supplement Facts

Serving Size 2 Tablets

Servings per Container 30

	Amount per Serving	% DV for Pregnant and Lactating Women ▼
• Vitamin A .....	(beta carotene in carrot)	5000 IU 63
• Vitamin C .....	(ascorbic acid in organic orange <sup>††</sup> )	200 mg 333
• Vitamin D3 .....	(cholecalciferol in <i>S. cerevisiae</i> )	600 IU 150
• Vitamin E .. (mixed tocopherols [sunflower] in organic brown rice <sup>†</sup> )	30 IU 100	
• Vitamin K1/K2 .....	(phytonadione/menaquinone-7 in cabbage)	60 mcg **
• Vitamin B1 .....	(thiamine HCl in <i>S. cerevisiae</i> )	1.5 mg 88
• Vitamin B2 .. (riboflavin 5'-phosphate sodium in organic brown rice <sup>†</sup> )	1.7 mg 85	
• Niacin .....	(niacinamide in <i>S. cerevisiae</i> )	20 mg 100
• Vitamin B6 .....	(P5P in organic brown rice <sup>†</sup> )	8 mg 320
• Folate .....	(5-MTHF in broccoli)	600 mcg 75
• Vitamin B12 .....	(methylcobalamin in <i>S. cerevisiae</i> )	8 mcg 100
• Biotin .....	(in organic brown rice <sup>†</sup> )	300 mcg 100
• Pantothenic Acid .....	(calcium pantothenate in organic brown rice <sup>†</sup> )	10 mg 100
• Iron .....	(mineral bound <i>S. cerevisiae</i> )	18 mg 100
• Iodine .....	(mineral bound <i>S. cerevisiae</i> )	150 mcg 100
• Zinc .....	(rice amino acid chelate)	15 mg 100
• Selenium .....	(mineral bound <i>S. cerevisiae</i> )	50 mcg **
• Copper .....	(mineral bound <i>S. cerevisiae</i> )	150 mcg 8
• Manganese .....	(mineral bound <i>S. cerevisiae</i> )	1 mg **
• Chromium .....	(mineral bound <i>S. cerevisiae</i> )	50 mcg **
• Molybdenum .....	(mineral bound <i>S. cerevisiae</i> )	10 mcg **
• Potassium .....	(mineral bound <i>S. cerevisiae</i> )	4 mg **
Choline .....	(choline bitartrate)	300 mg **

\*\* % Daily Value (DV) not established

†† Uncle Matt's Organic † Lundberg Family Farms

**Other Ingredients:** Silica, Stearic Acid, Plant Cellulose.

**Suggested Use:** 2 tablets daily. May be taken anytime throughout the day, even on an empty stomach.

**Tieraona Low Dog, M.D.,** an internationally recognized expert in integrative medicine, has long been an advocate for wholesome nutrition, a healthy lifestyle and the sensible use of effective, high quality, and environmentally conscious dietary supplements. "I have partnered with MegaFood to blend the best of science and nature to create multivitamins designed to truly fortify your life." - **Dr. Low Dog**



MegaFood has been improving lives since 1973. We start with whole foods from trusted farm partners to craft each of our FoodState Nutrients™, delivering authentic nutrition - far more than vitamins and minerals alone. See how they're made at [megafood.com/showme](http://megafood.com/showme)

• **FoodState Nutrients™** are made with whole foods to provide essential vitamins and minerals that are easy-to-digest and gentle on the body, even when taken on an empty stomach.

**Made with Love by MegaFood, PO Box 325, Derry, NH 03038  
To learn more, visit [megafood.com](http://megafood.com) or call 800.848.2542**

Uncle Matt's is a registered trademark of Uncle Matt's Organic, Inc.  
Lundberg Family Farms Since 1937 is a registered trademark of Wehah Farm, Inc.

\* 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.

**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.

F1369B  
Rev: 1 11/15  
Before:  
Lot#:

