



## BABY AND ME™

*Gently nourishes the health of a woman and her developing baby with a full spectrum of nutrient - rich whole foods\**

For many women, pregnancy is the time that they become truly conscious of the foods they are putting into their body. With a new life growing within it is especially important to supplement one's diet with a natural and pure, whole food prenatal formula.

**MegaFood Baby and Me** is the best choice for women wanting a safe and complete whole food prenatal supplement that won't upset even the most sensitive stomach.\*

- **Baby and Me** provides 25 100% whole food vitamins and minerals essential to life.
- Delivered in nourishing FoodState® Concentrates made from a variety of colorful whole foods, the 100% whole food nutrients in **Baby and Me** are bioavailable and are easy to digest, even on an empty stomach.\*
- Each serving provides recommended levels of Iron, Folate, Vitamin D3,C, E and C Complex, nutrients which support health of mother and growing baby.\*
- GTF Chromium and protective phenolic antioxidants help maintain already health blood sugar levels.\*
- The Nurturing Prenatal blend includes red raspberry leaf a valuable herb for strengthening and toning the womb during pregnancy.\* Combined with dandelion leaf and root, this blend also helps to maintain and balance fluid levels.\*
- Additional vegetarian enzymes and organic ginger root were added to the **Baby and Me** formula to enhance nutrient utilization and support digestive health.\*
- **Baby and Me** is Pure - Tested free of Pesticides, Herbicides and is validated free of gluten, dairy and soy.

*MegaFood*™  
NOURISH YOUR LIFE

NOURISHING 100% WHOLE FOOD FOR LIFE

# BABY AND ME™

Promotes the health of a woman during pregnancy and lactation\*



**MegaFood™**  
NOURISH YOUR LIFE

## SUPPLEMENT FACTS

Serving size 4 Tablets (3000 mg)

Amount per Serving		%DV	
<b>100% Whole Food Nutrients†</b>			
Vitamin C	300 mg whole oranges†	75 mg	125
Vitamin D3	(8 mg <i>S. cerevisiae</i> †)	400 IU	100
Vitamin E*	(120 mg organic brown rice†)	30 IU	100
Vitamin K	(5 mg cabbage†)	50 mcg	**
Thiamine (B-1)	(8 mg <i>S. cerevisiae</i> †)	2 mg	118
Riboflavin (B-2)	(20 mg <i>S. cerevisiae</i> †)	2 mg	100
Niacinamide	(80 mg <i>S. cerevisiae</i> †)	20 mg	100
Vitamin B-6	(20 mg <i>S. cerevisiae</i> †)	4 mg	160
Folate	(80 mg broccoli†)	800 mcg	100
Vitamin B-12	(4 mg <i>S. cerevisiae</i> †)	20 mcg	250
Biotin	(60 mg organic brown rice†)	300 mcg	100
Pantothenic Acid	(40 mg <i>S. cerevisiae</i> †)	10 mg	100
Calcium	(1500 mg <i>S. cerevisiae</i> †)	75 mg	6
Iron	(360 mg <i>S. cerevisiae</i> †)	18 mg	100
Iodine	(10 mg <i>S. cerevisiae</i> †)	150 mcg	100
Magnesium	(1500 mg <i>S. cerevisiae</i> †)	75 mg	17
Zinc	(300 mg <i>S. cerevisiae</i> †)	15 mg	100
Selenium	(50 mg <i>S. cerevisiae</i> †)	50 mcg	**
Copper	(50 mg <i>S. cerevisiae</i> †)	500 mcg	25
Manganese	(100 mg <i>S. cerevisiae</i> †)	5 mg	**
Chromium (GTF)	(43 mg <i>S. cerevisiae</i> †)	85 mcg	**
Molybdenum	(15 mg <i>S. cerevisiae</i> †)	30 mcg	**
Potassium	(4238 mg <i>S. cerevisiae</i> †)	17 mg	**
Mixed Carotenoids	(100 mg whole carrots†) Alpha & Beta Carotene, Cryptoxanthin, Lutein, Zeaxanthin, Lycopene	5000 IU	**
Boron	(50 mg <i>S. cerevisiae</i> †)	500 mcg	**
<b>Nurturing Prenatal Blend</b>	Organic Red Raspberry Leaf, Organic Ginger Root, Organic Chamomille Flower, Organic Dandelion Leaf & Root, Organic Spinach	220 mg	**
<b>Protective Phenolic Fruit Concentrate†</b>	Whole Orange (natural source bioflavonoids), Wild Blueberry (natural source anthocyanins), Cranberry (natural source proanthocyanidins)	40 mg	**
<b>Gentle Digestive Enzymes</b>	Amylase, Cellulase, Protease, Lipase	6 mg	**

\*\* % Daily Value (DV) not established \*full spectrum of mixed tocotrienols and tocopherols

**Other Ingredients:** Plant Cellulose, Vegetable Lubricant.

**Suggested Use:** 4 tablets daily. May be taken anytime throughout the day, even on an empty stomach.

**100% whole food iron is non-binding**

† FoodState® concentrates, made from fresh, raw foods, deliver 100% whole food nutrients and protective antioxidants - *As Nature Intended*. They are a natural source of vital phytonutrients, including CoQ10, SOD, glutathione, enzymes, lipoic acid, amino acids and beta glucans. *S. cerevisiae*, a non-candida yeast, is one of nature's most nutrient-rich foods, with an array of health-promoting benefits.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

For more information call 800-848-2542 or visit [www.megafood.com](http://www.megafood.com)  
MegaFood, P.O. Box 325 Derry, NH 03038