

Contains No sugar, salt, dairy, wheat, gluten, preservatives, artificial colors or flavors

Suggested Use: As a dietary supplement, adults take one (1) tablet on an empty stomach, with a meal, or as directed by a healthcare professional.

Store in a cool, dry place away from direct light.

Each Women's Whole Food Daily Multi contains a proprietary blend of organic red clover, cranberry, reishi, shiitake, maitake, and red raspberry; that's designed specifically for women's health.

^ The nutrients in this organic, whole food complex have been cultured in a base of fruits, vegetables & herbs with *Lactobacillus bulgaricus*, *Streptococcus thermophilus* and *Saccharomyces cerevisiae* (yeast). This unique food grown complex provides naturally occurring enzymes, phytonutrients and metabolites for added support.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose call a doctor or poison control center immediately.

NATURAL COLOR VARIATIONS MAY OCCUR IN THIS PRODUCT
KEEP OUT OF REACH OF CHILDREN.

Women's One Daily

WHOLE FOOD MULTI

Dietary Supplement
60 Vegan Tablets

SUPPLEMENT FACTS

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A	1,500 mcg (5,000 IU) (as beta carotene) [^]	167%	Organic Cultured Vegetable Blend		
Vitamin C	[^] 70 mg	78%	(Proprietary blend of Carrot, Pea, Spinach, Tomato, and Pepper)	90 mg*	
Vitamin D-3	[^] 10 mcg (400 IU)	50%	Organic Cultured Fruit Blend		
Vitamin E	[^] 25 mg	167%	(Proprietary blend of Apple, Banana, Cherry, Blueberry, and Strawberry)	70 mg*	
Vitamin K	[^] 80 mcg	67%	Organic Cultured Women's Herbal Blend		
Vitamin B-1	[^] 1.5 mg	125%	(Red Clover, Cranberry, Reishi, Shiitake, Maitake, and Red Raspberry)	32.5 mg*	
Vitamin B-2	[^] 1.7 mg	131%	Organic Cultured Sprout Blend		
Niacin	[^] 20 mg	125%	(Proprietary blend of Amaranth, Millet, and Quinoa)	15 mg*	
Vitamin B-6	[^] 2 mg	118%	Organic Cultured Spice Blend		
Folate	[^] 1,360 mcg DFE (800 mcg folic acid)	340%	(Proprietary Blend of Allspice, Cinnamon, and Clove)	6 mg*	
Vitamin B-12	[^] 12 mcg	500%	Essential Glyconutrient Blend		
Biotin	[^] 300 mcg	1000%	(Mannose, galactose, and xylose from <i>Coffea arabica</i> and <i>Aloe barbadensis</i>)	5 mg*	
Pantothenic acid	[^] 10 mg	200%			
Calcium	[^] 10 mg	1%			
Iron	[^] 3 mg	17%			
Iodine	[^] 150 mcg	100%			
Magnesium	[^] 10 mg	2%			
Zinc	[^] 15 mg	136%			
Selenium	[^] 70 mcg	127%			
Copper	[^] 2 mg	222%			
Manganese	[^] 1 mg	43%			
Chromium	[^] 120 mcg	343%			
Molybdenum	[^] 75 mcg	167%			
Potassium	[^] 3 mg	<1%			

Other Ingredients: Cellulose, maize flour, organic maltodextrin, vegetable stearin, magnesium stearate, silica.

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