

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
90 Vegan Tablets

SUPPLEMENT FACTS

Serving Size 1 Tablet

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

*Daily Value not established

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

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