

**Other Ingredients:** Organic maltodextrin, organic maize flour, organic gum acacia, cellulose, cellulose gum, vegetable stearin, silica, magnesium stearate and modified cellulose.

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

**Suggested Use:** As a dietary supplement, adults take 1 (one) tablet with a meal, or as directed by a healthcare professional. Store in a cool, dry place away from direct light.

One Daily Whole Food Multi is a blend of organic vegetables, fruits, sprouts, and herbs that have been cultured to create a whole food supplement that optimizes nutrient absorption and utilization.

^ A whole food nutrient in a base of cultured fruits, vegetables, herbs and spices with *Lactobacillus bulgaricus*, *Streptococcus thermophilus* and *Saccharomyces cerevisiae* (yeast). Contains all naturally occurring enzymes, phytonutrients and metabolites.

**WARNING:** Consult your physician prior to using this product if you are pregnant or nursing, taking medications or have a medical condition. Discontinue use two weeks prior to surgery.

**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.**

# One Daily

## WHOLE FOOD MULTI

Dietary Supplement  
90 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)	167%	<b>Organic Cultured Vegetable Blend</b> (Proprietary blend of Tomato, Pea, Carrot, Spinach and Pepper)	90 mg	*
as beta carotene ^					
Vitamin C ^	70 mg	78%			
Vitamin D-3 ^	10 mcg (400 IU)	50%	<b>Organic Cultured Fruit Blend</b> (Proprietary blend of Cherry, Banana, Apple, Strawberry and Blueberry)	70 mg	*
Vitamin E ^	23 mg	153%			
Vitamin K ^	80 mcg	67%	<b>Organic Cultured Herbal Blend</b> (Proprietary Blend of Reishi, Shiitake, Maitake, Lycopene and Ginseng)	32.5 mg	*
Vitamin B-1 ^	1.5 mg	125%			
Vitamin B-2 ^	1.7 mg	131%			
Niacin ^	20 mg	125%	<b>Organic Cultured Sprout Blend</b> (Proprietary blend of Amaranth, Quinoa and Millet)	15 mg	*
Vitamin B-6 ^	2 mg	118%			
Folate ^	1,360 mcg DFE (800 mcg folic acid)	340%	<b>Organic Cultured Spice Blend</b> (Proprietary Blend of Cinnamon, Allspice and Clove)	6 mg	*
Vitamin B-12 ^	12 mcg	500%			
Biotin ^	300 mcg	1,000%	<b>Essential Glyconutrient Blend</b> (Mannose, glucose, 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%			

\*Daily Value not established

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