

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%	<b>Organic Cultured Vegetable Blend</b>		
Vitamin C ^	70 mg	78%	(Proprietary blend of Carrot, Pea, Spinach, Tomato, and Pepper)	90 mg*	
Vitamin D-3 ^	10 mcg (400 IU)	50%	<b>Organic Cultured Fruit Blend</b>		
Vitamin E ^	25 mg	167%	(Proprietary blend of Apple, Banana, Cherry, Blueberry, and Strawberry)	70 mg*	
Vitamin K ^	80 mcg	67%	<b>Organic Cultured Women's Herbal Blend</b>		
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%	<b>Organic Cultured Sprout Blend</b>		
Niacin ^	20 mg	125%	(Proprietary blend of Amaranth, Millet, and Quinoa)	15 mg*	
Vitamin B-6 ^	2 mg	118%	<b>Organic Cultured Spice Blend</b>		
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%	<b>Essential Glyconutrient Blend</b>		
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%			

\*Daily Value not established  
**Other Ingredients:** Cellulose, maize flour, organic maltodextrin, vegetable stearin, magnesium stearate, silica.

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