

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