

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%	Organic Cultured Vegetable Blend		
as beta carotene ^			(Proprietary blend of	90 mg	*
Vitamin C ^	70 mg	78%	Tomato, Pea, Carrot,		
Vitamin D-3 ^	10 mcg (400 IU)	50%	Spinach and Pepper)		
Vitamin E ^	23 mg	153%	Organic Cultured Fruit Blend		
Vitamin K ^	80 mcg	67%	(Proprietary blend of	70 mg	*
Vitamin B-1 ^	1.5 mg	125%	Cherry, Banana, Apple,		
Vitamin B-2 ^	1.7 mg	131%	Strawberry and Blueberry)		
Niacin ^	20 mg	125%	Organic Cultured Herbal Blend		
Vitamin B-6 ^	2 mg	118%	(Proprietary Blend of	32.5 mg	*
Folate ^	1,360 mcg DFE (800 mcg folic acid)	340%	Reishi, Shiitake, Maitake,		
Vitamin B-12 ^	12 mcg	500%	Lycopene and Ginseng)		
Biotin ^	300 mcg	1,000%	Organic Cultured Sprout Blend		
Pantothenic acid ^	10 mg	200%	(Proprietary blend of	15 mg	*
Calcium ^	10 mg	1%	Amaranth, Quinoa and Millet)		
Iron ^	3 mg	17%	Organic Cultured Spice Blend		
Iodine ^	150 mcg	100%	(Proprietary Blend of	6 mg	*
Magnesium ^	10 mg	2%	Cinnamon, Allspice and Clove)		
Zinc ^	15 mg	136%	Essential Glyconutrient Blend		
Selenium ^	70 mcg	127%	(Mannose, glucose,	5 mg	*
Copper ^	2 mg	222%	galactose and xylose from		
Manganese ^	1 mg	43%	Coffea arabic and Aloe barbadensis)		
Chromium ^	120 mcg	343%			
Molybdenum ^	75 mcg	167%			
Potassium ^	3 mg	<1%			

*Daily Value not established

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