

**Contains No:** Sugar, Salt, Dairy, Yeast, Wheat, Gluten, Eggs, Peanuts, Soy, Fish, Shellfish, Sesame, Preservatives, Artificial Colors or Flavors

**Suggested Use:** As a dietary supplement, adults take one (1) tablet daily, or as directed by a health care professional.

Store in a cool, dry place and away from direct light.

**KEEP OUT OF REACH OF CHILDREN.**

**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.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

CERTIFIED ORGANIC  
**Once Daily Women's  
Multivitamin**

*Whole Food Nutrition for Women*

**SUPPORTS ENERGY, IMMUNE & BONE HEALTH†**

**GLUTEN FREE • NON GMO • VEGAN**

CERTIFIED ORGANIC BY QAI



Dietary  
Supplement



**30  
Tablets**

## SUPPLEMENT FACTS

Serving Size 1 Tablet

	Amount Per Serving	% DV		Amount Per Serving	% DV
Vitamin A <sup>^</sup>	1500 mcg	167%	Iron <sup>^</sup>	2.5 mg	14%
Vitamin C <sup>^</sup>	90 mg	100%	(from Iron amino acid chelate)		
(from Organic Acerola Extract)			Zinc <sup>^</sup>	5 mg	45%
Vitamin D3 (from Organic Algae)	25 mcg	125%	Selenium <sup>^</sup>	89 mcg	162%
Vitamin E <sup>^</sup>	20 mg	133%	Copper <sup>^</sup>	0.2 mg	22%
Vitamin K (as Phytonadione)	120 mcg	100%	Manganese <sup>^</sup>	1 mg	43%
Thiamin <sup>^</sup>	2 mg	167%	Chromium <sup>^</sup>	130 mcg	371%
Riboflavin <sup>^</sup>	2.4 mg	185%	<b>Organic Whole Food Complex Blend</b>	500 mg	*
Niacin <sup>^</sup>	23 mg	144%	Organic sesbania leaf extract, organic guava fruit and leaf extract, organic amla extract, organic annatto seed and fruit extract, organic holy basil leaf extract, organic lemon fruit peel extract, organic moringa leaf extract		
Vitamin B6 <sup>^</sup>	11.5 mg	676%			
Folate <sup>^</sup>	400 mcg DFE	100%			
Vitamin B12 (as Methylcobalamin)	5 mcg	208%			
Biotin <sup>^</sup>	300 mcg	1000%			
Pantothenic Acid <sup>^</sup>	11 mg	220%			

\*Daily Value not established

<sup>^</sup> From Organic Whole Food Complex Blend

**Other Ingredients:** Organic inulin, organic pea starch, organic coating (organic tapioca maltodextrin, organic sunflower lecithin, organic palm oil, organic guar gum), organic medium chain triglycerides, silica.

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