

09J11L



Lot No:

Best by:

Directions: Adults take two (2) tablets daily. No need to take with food - it is food! As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 2 tablets
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (from organic food blend)	2,500 I.U. 50%
Vitamin C (from organic acerola extract, organic amla, organic food blend)	60 mg 100%
Vitamin D (D3)(as cholecalciferol)	400 I.U. 100%
Vitamin E (as d-alpha tocopheryl succinate)	50 I.U. 167%
Thiamin (Vitamin B1)(from organic food blend)	1.8 mg 120%
Riboflavin (Vitamin B2)(from organic food blend)	2.1 mg 124%
Niacin (from organic food blend)	20.4 mg 102%
Vitamin B6 (from organic food blend)	2.1 mg 105%
Folic Acid (from organic food blend)	420 mcg 105%
Vitamin B12 (as cyanocobalamin)	6 mcg 100%
Biotin (as d-Biotin)	300 mcg 100%
Pantothenic Acid (from organic food blend)	10.8 mg 108%
Calcium (from organic food blend)	3.38 mg <1%
Phosphorus (from organic food blend)	1.65 mg <1%
Magnesium (from organic food blend)	1.05 mg <1%
Zinc (from organic food blend)	0.01 mg <1%
Selenium (from organic food blend)	0.06 mcg <1%
Chromium (from organic food blend)	0.22 mcg <1%
Sodium (from organic food blend)	0.59 mg <1%
Potassium (from organic food blend)	7.3 mg <1%
Organic Food Blend providing:	1,345 mg *

Organic Specialty Blend: (Organic guava extract, organic mango extract, organic lemon extract), (Organic Fermented Whole Foods (organic kale, organic pumpkin, organic broccoli sprout, organic red radish sprout, organic daikon radish sprout, organic cranberry, organic collard greens, organic spinach, organic pomegranate, organic blueberry, organic acai, organic blackberry, organic raspberry, organic strawberry, organic tart cherry, organic ginger, organic beet, organic adzuki bean, organic broccoli, organic red lentil bean, organic quinoa sprout powder, organic pea, organic noni, organic mango, organic banana, organic chlorella, organic spirulina, organic millet sprout), organic annatto extract (seed), organic chlorella

Organic Aloe Vera (ACTValoe®)(inner fillet)(leaf)

Pumpkin Seed Extract (from organic pumpkin seed)

Fermented Organic Greens with Organic Sprout Blend (organic collard greens, organic broccoli, organic kale, organic cabbage sprout, organic broccoli sprout, organic watercress sprout, organic spinach, organic kale sprout, organic mustard seed sprout, organic chlorella, organic spirulina)

*Daily Value not established

Other Ingredients: Organic gum acacia, organic maltodextrin, organic soy fiber, silica, and non-GMO corn starch. Contains soy.

WARNING: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor. **NO:** Wheat, gluten, milk, preservatives, artificial color, artificial flavor or artificial sweeteners. This product has been manufactured at an NSF GMP Registered facility.



Dietary Supplement

Realfood organics®

MEN'S DAILY NUTRITION®

A certified organic multivitamin made from organic, whole raw fruits and vegetables

Gluten-Free



1 SERVING
FRUITS &
VEGETABLES†



Easy-To-Swallow Tablets

Product No. 9102. Do not accept if seal is broken. Store between 59°-86° F. Keep out of the reach of children.

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Manufactured by Country Life, LLC

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