

Dietary Supplement

Realfood organics®

WOMEN'S DAILY NUTRITION®

A multivitamin made from
whole raw fruits and vegetables

2 SERVINGS
FRUITS &
VEGETABLES†



Tablets

Supplement Facts

Serving Size 2 tablets

Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (from organic annatto extract (seed) providing beta carotene, 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)(organic food blend)	1.8 mg 120%
Riboflavin (Vitamin B2)(organic food blend)	2.1 mg 124%
Niacin (organic food blend)	20.4 mg 102%
Vitamin B6 (organic food blend)	2.10 mg 105%
Folic Acid (organic food blend)	420 mcg 105%
Vitamin B12 (as cyanocobalamin)	6 mcg 100%
Biotin (as d-Biotin)	300 mcg 100%
Pantothenic Acid (organic food blend)	10.8 mg 108%
Calcium (organic food blend)	3.38 mg <1%
Phosphorus (organic food blend)	1.65 mg <1%
Magnesium (organic food blend)	1.05 mg <1%
Zinc (organic food blend)	0.01 mg <1%
Selenium (organic food blend)	0.06 mcg <1%
Chromium (organic food blend)	0.22 mcg <1%
Sodium (organic food blend)	0.59 mg <1%
Potassium (organic food blend)	7.3 mg <1%
Organic Food Blend	1,220 mg *

providing:

Organic Specialty Blend: (Organic guava extract, organic mango extract, organic lemon extract), Certified 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 tart cherry, organic noni, organic ginger, organic beet, organic strawberry, organic broccoli, organic red lentil bean, organic quinoa sprout powder, organic pea, organic mango, organic banana, organic chlorella, organic spirulina, organic millet sprout)

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

Organic Cranberry Powder (from organic cranberry)

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

*Daily Value not established

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. **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: GMOs, wheat, gluten, milk, preservatives, artificial color, artificial flavor or artificial sweeteners. ACTValoe® and Qmatrix® are registered trademarks of Aloecorp, Inc.
†Based on antioxidant (ORAC) equivalents
Product No. **9104. Do not accept if seal is broken.**
Store between 59°-86° F.
Keep out of the reach of children.

Manufactured by
Country Life, LLC
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Hauppauge, NY 11788
For more information,
please visit us online at
CountryLifeVitamins.com

Lot No:

Best by:

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



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