

ACTUAL SIZE

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Manufactured by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108
Made in the U.S.A. www.nowfoods.com
Certified Organic by Quality Assurance International

Store in a cool, dry place. Please Recycle.

Do Not Eat Freshness Packet. Keep in Bottle.

SUGGESTED USAGE: As a dietary supplement, take two Multi-Food Complex tablets daily with food. Dietary fats found in foods are essential to ensure absorption of fat-soluble nutrients. Natural color variations may occur in this product.



Multi-Food Complex

FERMENTED WHOLE FOOD MULTI

For Women

- Made with 75% Organic Ingredients
- Enhanced with Iron & Boron
- Allergen-Free Probiotics

80 Tablets



A Dietary Supplement Vegetarian Formula

Supplement Facts

Serving Size 2 Tablets Servings Per Container 40

	Amount Per Serving	%Daily Value
Beta-Carotene (as pro-Vitamin A 3 mg) **	5,000 IU	100%
Vitamin C (from Organic Amla Extract)	60 mg	100%
Vitamin D **	400 IU	100%
Vitamin E **	30 IU	100%
Vitamin K **	80 mcg	100%
Thiamine (Vitamin B-1) **	2 mg	133%
Riboflavin (Vitamin B-2) **	2 mg	118%
Niacin **	20 mg	100%
Vitamin B-6 **	2 mg	100%
Folic Acid **	800 mcg	200%
Vitamin B-12 **	12 mcg	200%
Biotin **	300 mcg	100%
Pantothenic Acid **	10 mg	100%
Calcium **	10 mg	1%
Iron (from Iron Amino Acid Chelate)	6 mg	33%
Iodine **	150 mcg	100%
Magnesium **	10 mg	3%
Zinc **	15 mg	100%
Selenium **	70 mcg	100%
Copper **	1 mg	50%
Manganese **	1 mg	50%
Chromium **	120 mcg	100%
Molybdenum **	75 mcg	100%
Potassium **	3 mg	< 1%

** These nutrients are naturally fermented with live probiotics in an organic media.

Amount Per %Daily Serving Value

Organic High Antioxidant Fruit & Spirulina Blend **	825 mg	†
Organic Tart Cherry, Organic Spirulina, Organic Blueberry, Organic Pomegranate, Organic Raisin, and Organic Raspberry		
Organic Maca Root (<i>Lepidium meyenii</i>) **	100 mg	†
Organic Cranberry Extract **	100 mg	†
(<i>Vaccinium macrocarpon</i>) (Fruit) (min. 6% Quinic Acid)		
Rhodiola (<i>Rhodiola rosea</i>) (Root) Extract (min. 3% Rosavins)	50 mg	†
Flax Seed Lignans	100 mg	†
Boron **	3 mg	†
Lycopene (from Natural Tomato Extract)	1 mg	†
<i>Lactobacillus acidophilus</i> & <i>Bifidobacterium bifidum</i> (50/50 Probiotic Blend) (Allergen-Free)	1 Billion††	†
Organic Amla (<i>Phyllanthus emblica</i>) (Fruit) Extract	120 mg	†

† Daily Value not established.

Other ingredients: Organic Acacia Gum, Silica and Organic Vegetable Coating. **Vegetarian/Vegan Product.**

Contains no milk, eggs, wheat, gluten, soy protein, fish, shellfish, tree nuts, peanuts or sesame. †† At the time of manufacture.

Advanced Nutrition for Active Women

- Yeast-Free, Soy-Free Fermented Whole Food Base
- Nutritional Support with Cranberry, Flax Lignans and Iron
- Allergen-Free Acidophilus & Bifidus Live Probiotic Blend to Enhance Digestive Integrity*

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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.

CODE 3835

