

plnt[®]
Pure living, naturally true[®]

WHOLE FOOD
Women's 50+
MULTIVITAMIN

- Raw Whole Food Multivitamin
- Immune Support[°]
- Digestive Health[°]
- Heart Health[°]
- Bone Support[°]

120 Vegetarian Capsules | Dietary Supplement



Supplement Facts

Serving Size 4 Vegetarian Capsules
Servings Per Container: 30

	Amount Per Serving	% Daily Value [†]
Calories	10	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	*
Cholesterol	0 g	0%
Total Carbohydrate	1 g	0%
Dietary Fiber	0 g	*
Total Sugars	0 g	0%
Includes 0 g Added Sugars		0%
Protein	1 g	2% [†]
Vitamin A (as beta-carotene)	3600 mcg (6000 IU)	400%
Vitamin C	60 mg	67%
Vitamin D (as cholecalciferol)	25 mcg (1000 IU)	130%
Vitamin E	20 mg (30 IU)	130%
Vitamin K	50 mcg	42%
Thiamin (Vitamin B1)	4 mg	333%
Riboflavin (Vitamin B2)	4 mg	308%
Niacin	20 mg	125%
Vitamin B6	4 mg	235%
Folate	667 mcg DFE (400 mcg folic acid)	167%
Vitamin B12 (as methylcobalamin)	200 mcg	8333%
Biotin	300 mcg	1000%
Pantothenic Acid	20 mg	400%
Calcium	36 mg	3%

	Amount Per Serving	% Daily Value
Iodine	75 mcg	50%
Magnesium	43 mg	10%
Zinc	10 mg	91%
Selenium	125 mcg	227%
Copper	1.5 mg	167%
Manganese	2 mg	87%
Chromium	120 mcg	343%
Molybdenum	75 mcg	167%

Organic Fruit & Vegetable Blend	680 mg	*
Organic Apple (fruit), Organic Beet (root), Organic Broccoli (stalk & flower), Organic Carrot (root), Organic Spinach (leaf), Organic Tomato (fruit), Organic Strawberry (fruit), Organic Tart Cherry (fruit), Organic Blackberry (fruit), Organic Green Bell Pepper (fruit), Organic Brussels Sprout (leaf), Organic Blueberry (fruit), Organic Ginger (root), Organic Garlic (bulb), Organic Green Onion (bulb), Organic Raspberry (fruit), Organic Parsley (leaf), Organic Cauliflower (flower & stem), Organic Red Cabbage (leaf), Organic Kale (leaf), Organic Cucumber (gourd), Organic Celery (stalk), Organic Asparagus (flower & stem)		

Digestive Blend	40 mg	*
Lipase, Protease, Aspergillopepsin, beta-Glucanase, Cellulase, Bromelain, Phytase, Lactase, Papain, Peptidase, Pectinase, Xylanase, Hemicellulase, <i>Lactobacillus bulgaricus</i> , <i>Lactobacillus plantarum</i> , <i>Saccharomyces cerevisiae</i>		

Immune Support Blend	20 mg	*
Glutathione, SOD (superoxide dismutase)		

Organic <i>Moringa oleifera</i> (leaf) containing mixed carotenoids	10 mg	*
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Organic <i>Vitex negundo</i> (seed) containing mixed tocopherols	4 mg	*
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Boron	1 mg	*
CoQ10	425 mcg	*
Vanadium	10 mcg	*

[†] Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

Other ingredients: Vegetable cellulose (capsule), organic rice (hull).

Does not contain: Wheat, Gluten, Dairy, Fish, Animal Derivatives, Preservatives, Artificial Colors or Flavors.

DIRECTIONS: Take four (4) capsules a day with meals, preferably throughout the day.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical condition.

This natural product may vary in color. This does not reflect a variation in potency.

○ 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.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

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