

Amount Per Serving %DV

Organic Whole-Food Blend	1,056 mg..... †
(organic <i>Sesbania</i> [leaf], organic guava [fruit], organic amla [fruit], organic broccoli [aerial], organic tomato [fruit], organic carrot [root], organic spinach [leaf & stalk], organic kale [leaf & stalk], organic holy basil [aerial], organic lemon [peel], organic annatto [seed], organic mustard [seed], organic apple [fruit], organic parsley [leaf & stalk], organic beet [root], organic green cabbage [leaf], organic blueberry [fruit], organic raspberry [fruit], organic strawberry [fruit]).	
Organic Astaxanthin (from <i>Haematococcus pluvialis</i>)	2 mg..... †

†Daily Value not established.

Other Ingredients: Organic veggie capsule (pullulan), organic rice concentrate.

SUGGESTED USE: As a dietary supplement, adults take three (3) organic capsules daily, or as directed by a healthcare professional.



Caution: Please consult a healthcare professional before taking this supplement if you are pregnant, breastfeeding, or taking any medications. Store in original container away from moisture and direct sunlight. Keep out of reach of children.

2142-990830



SKU # 2142

Formulated & Distributed By
NutriGold Inc., Orem, UT 84057, USA
(800) 476-3542 - www.nutrigold.com
Certified organic by SCS Global Services.



NUTRIGOLD

ORGANIC & NON-GMO

Men's 40+ Multi Gold™

PLANT-BASED WHOLE FOOD + ASTAXANTHIN

90 CAPSULES • DIETARY SUPPLEMENT

SUPPLEMENT FACTS

Serving Size: 3 organic capsules Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin A (100% as beta-carotene).....	125 mcg RAE (2,500 IU).....	15%
(from organic <i>D. salina</i> microalgae)		
Vitamin C (from organic whole-food blend).....	90 mg.....	100%
Vitamin D (D3 from lichen)	25 mcg (1,000 IU).....	130%
Vitamin E (from organic whole-food blend).....	28 mg (42 IU).....	190%
Vitamin K (100% as K2 (MK-7) from natto)	120 mcg.....	100%
Thiamin (from organic whole-food blend)	9 mg.....	750%
Riboflavin (from organic whole-food blend).....	10 mg.....	770%
Niacin (from organic whole-food blend)	16 mg.....	100%
Vitamin B6 (from organic whole-food blend)	22 mg.....	1,300%
Folate (from organic whole-food blend)	400 mcg DFE.....	100%
Vitamin B-12	48 mcg.....	2,000%
(70% as methylcobalamin and 30% as adenosylcobalamin)		
Biotin (from organic whole-food blend)	45 mcg.....	150%
Pantothenic Acid (from organic whole-food blend)	25 mg.....	500%
Calcium (from organic <i>Algas calcareas</i> algae)	30 mg.....	2%
Iodine (from organic kelp [whole thallus])	150 mcg.....	100%
Magnesium (from organic whole-food blend)	10 mg.....	2%
Zinc (from organic whole-food blend).....	10 mg.....	90%
Selenium (from organic whole-food blend)	60 mcg.....	110%
Manganese (from organic whole-food blend)	1 mg.....	45%
Chromium (from organic whole-food blend).....	52 mcg.....	150%

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.