

Amount Per Serving %DV

Organic Whole-Food Blend..... 396 mg..... †
 (organic *Sesbania* [leaf], organic guava [fruit], organic amla [fruit],
 organic holy basil [leaf], organic *Moringa* [leaf], organic lemon [peel],
 organic mustard [seed], organic annatto [leaf]).

†Daily Value not established.

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

SUGGESTED USE: As a dietary supplement, adults take one (1)
 organic capsule daily, or as directed by a healthcare professional.

Whole-food vitamins and minerals sourced from
 real fruits and veggies. Convenient one-per-day
 dosage in easy-to-swallow capsules.



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.

2144-980713



SKU # 2144

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

One Daily Men's Multi Gold

PLANT-BASED WHOLE FOOD NUTRIENTS

30 CAPSULES • DIETARY SUPPLEMENT

SUPPLEMENT FACTS

Serving Size: 1 organic capsule

Servings Per Container: 30

Amount Per Serving %DV

Vitamin A (100% as beta-carotene).....	80 mcg RAE (1,600 IU).....	10%
(from organic <i>D. salina</i> microalgae)		
Vitamin C (from organic whole-food blend).....	45 mg.....	50%
Vitamin D (as D3 from lichen).....	25 mcg (1,000 IU).....	130%
Vitamin E (from organic whole-food blend).....	15 mg (22 IU).....	100%
Vitamin K (100% as K2 (MK-7) from natto).....	120 mcg.....	100%
Thiamin (from organic whole-food blend).....	4 mg.....	330%
Riboflavin (from organic whole-food blend).....	5 mg.....	380%
Niacin (from organic whole-food blend).....	8 mg.....	50%
Vitamin B6 (from organic whole-food blend).....	9 mg.....	530%
Folate (from organic whole-food blend).....	400 mcg DFE.....	100%
Vitamin B-12.....	48 mcg.....	2,000%
(as methylcobalamin and adenosylcobalamin)		
Biotin (from organic whole-food blend).....	30 mcg.....	100%
Pantothenic Acid (from organic whole-food blend).....	11 mg.....	220%
Iodine (from organic kelp [whole thallus]).....	38 mcg.....	25%
Magnesium (from organic whole-food blend).....	4 mg.....	2%
Zinc (from organic whole-food blend).....	5 mg.....	45%
Selenium (from organic whole-food blend).....	55 mcg.....	100%
Chromium (from organic whole-food blend).....	35 mcg.....	100%

*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.