

Amount Per Serving %DV

Organic Whole-Food Blend 1,321 mg..... †
 (organic curry *Murraya koenigii* [leaf], organic amla [fruit], organic guava [fruit], organic broccoli [floret & sprout], organic tomato [fruit], organic carrot [root], organic spinach [leaf], organic kale [leaf], organic *Moringa* [leaf], organic lemon [peel], organic *Sesbania* [leaf], organic annatto [leaf], organic mustard [seed], organic holy basil [leaf], organic apple [fruit], organic parsley [leaf], organic beet [root], organic green cabbage [leaf], organic blueberry [fruit], organic raspberry [fruit], organic strawberry [fruit]).

†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.

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.

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.



NUTRIGOLD

ORGANIC & NON-GMO

Prenatal Multi Gold

PLANT-BASED WHOLE FOOD NUTRIENTS

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).....	10%
(from organic <i>D. salina</i> microalgae)		
Vitamin C (from organic whole-food blend).....	120 mg.....	100%
Vitamin D (as D3 from lichen).....	23 mcg (900 IU).....	150%
Vitamin E (from organic whole-food blend).....	30 mg (45 IU).....	160%
Vitamin K (100% as K2 (MK-7) from natto).....	130 mcg.....	140%
Thiamin (from organic whole-food blend).....	9 mg.....	640%
Riboflavin (from organic whole-food blend).....	10 mg.....	630%
Niacin (from organic whole-food blend).....	18 mg.....	100%
Vitamin B6 (from organic whole-food blend).....	22 mg.....	1,100%
Folate (from organic whole-food blend).....	600 mcg DFE.....	100%
Vitamin B-12.....	45 mcg.....	1,600%
(70% as methylcobalamin and 30% as adenosylcobalamin)		
Biotin (from organic whole-food blend).....	88 mcg.....	250%
Pantothenic Acid (from organic whole-food blend).....	25 mg.....	360%
Iron (from organic whole-food blend).....	21 mg.....	80%
Iodine (from organic kelp [whole thallus]).....	138 mcg.....	50%
Magnesium (from organic whole-food blend).....	10 mg.....	2%
Zinc (from organic whole-food blend).....	7 mg.....	50%
Selenium (from organic whole-food blend).....	70 mcg.....	100%
Manganese (from organic whole-food blend).....	1 mg.....	40%
Chromium (from organic whole-food blend).....	40 mcg.....	90%

*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.



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