

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Amount Per Serving  | %DV      |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|----------|
| <b>Organic Whole-Food Blend</b> .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>844 mg</b> ..... | <b>†</b> |
| (organic <i>Sesbania</i> [leaf], organic amla [fruit], organic guava [fruit], organic broccoli [aerial], organic tomato [fruit], organic carrot [root], organic spinach [leaf & stalk], organic kale [leaf & stalk], organic lemon [peel], organic holy basil [leaf], organic mustard [seed], organic annatto [seed], organic <i>Moringa</i> [leaf], organic apple [fruit], organic parsley [leaf & stalk], organic beet [root], organic green cabbage [leaf], organic blueberry [fruit], organic raspberry [fruit], organic strawberry [fruit]). |                     |          |
| <b>Organic Astaxanthin (from <i>Haematococcus pluvialis</i>)</b> .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>4 mg</b> .....   | <b>†</b> |

†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.

2147-970630



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**NUTRIGOLD**

ORGANIC & NON-GMO

# Women's 55+ 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).....                   | 100 mcg RAE (2,000 IU)..... | 10%    |
| (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).....           | 23 mg (34 IU).....          | 150%   |
| Vitamin K (100% as K2 (MK-7) from natto).....            | 120 mcg.....                | 100%   |
| Thiamin (from organic whole-food blend).....             | 5 mg.....                   | 420%   |
| Riboflavin (from organic whole-food blend).....          | 6 mg.....                   | 460%   |
| Niacin (from organic whole-food blend).....              | 8 mg.....                   | 50%    |
| Vitamin B6 (from organic whole-food blend).....          | 13 mg.....                  | 760%   |
| 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).....              | 75 mcg.....                 | 250%   |
| Pantothenic Acid (from organic whole-food blend).....    | 13 mg.....                  | 260%   |
| Calcium (from organic <i>Algas calcareas</i> algae)..... | 68 mg.....                  | 6%     |
| Iodine (from organic kelp [whole thallus]).....          | 150 mcg.....                | 100%   |
| Magnesium (from organic whole-food blend).....           | 11 mg.....                  | 4%     |
| Zinc (from organic whole-food blend).....                | 5 mg.....                   | 45%    |
| Selenium (from organic whole-food blend).....            | 55 mcg.....                 | 100%   |
| Manganese (from organic whole-food blend).....           | 1 mg.....                   | 45%    |
| 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.