

Amount Per Serving %DV

Organic Whole-Food Blend479 mg.....†
 (organic curry *Murraya koenigii* [leaf], organic guava [fruit],
 organic holy basil [leaf], organic amla [fruit], organic *Moringa*
 [leaf], organic *Sesbania* [leaf], organic mustard [seed], organic
 lemon [peel], 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.

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. Keep out of reach of children.

2149-980713



SKU # 2149

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 Women's Multi Gold

PLANT-BASED WHOLE FOOD NUTRIENTS

60 CAPSULES · DIETARY SUPPLEMENT

SUPPLEMENT FACTS

Serving Size: 1 organic capsule

Servings Per Container: 60

Amount Per Serving %DV

Vitamin A (100% as beta-carotene)..... 80 mcg RAE (1,600 IU)..... 10%
 (from organic *D. salina* 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)..... 4 mg..... 310%
 Niacin (from organic whole-food blend) 8 mg..... 50%
 Vitamin B6 (from organic whole-food blend) 8 mg..... 470%
 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) 60 mcg..... 200%
 Pantothenic Acid (from organic whole-food blend) 8 mg..... 160%
 Iron (from organic whole-food blend)..... 5 mg..... 30%
 Iodine (from organic kelp [whole thallus]) 38 mcg..... 25%
 Zinc (from organic whole-food blend)..... 4 mg..... 35%
 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.