

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene from <i>Blakeslea trispora</i>)	2500 IU 50%
Vitamin C (as ascorbic acid from acerola cherry fruit juice)	30 mg 50%
Vitamin D ₂ (as ergocalciferol from cultured yeast)	500 IU 125%
Vitamin E (as d-alpha tocopherol from sunflower oil)	15 IU 50%
Vitamin K (as menaquinone-7 from fermented chickpea and phytonadione)	40 mcg 50%
Thiamin (as thiamine hydrochloride from cultured yeast)	1.5 mg 100%
Riboflavin (from cultured yeast)	1.6 mg 94%
Niacin (as nicotinic acid from cultured yeast)	16 mg 80%
Vitamin B ₆ (as pyridoxine hydrochloride from cultured yeast)	2.2 mg 110%
Folate (as folic acid from cultured yeast)	400 mcg 100%
Vitamin B ₁₂ (as cyanocobalamin from cultured yeast)	6 mcg 100%
Biotin (as d-biotin from cultured yeast)	150 mcg 50%
Pantothenic Acid (as d-calcium pantothenate from cultured yeast)	5.5 mg 55%
Calcium (as <i>Lithothamnion</i> spp. from marine algae)	38 mg 4%
Iron (as ferrous sulfate and ferrous sulfate from cultured yeast)	9 mg 50%
Iodine (as potassium iodide from cultured yeast)	45 mcg 30%

Amount Per Serving	% Daily Value
Magnesium (as magnesium sulfate from cultured yeast and <i>Lithothamnion</i> spp. from marine algae)	7.5 mg 2%
Zinc (as zinc sulfate)	3.8 mg 25%
Selenium (as sodium selenite from cultured yeast)	25 mcg 36%
Copper (as copper gluconate from cultured yeast)	0.4 mg 20%
Manganese (as manganese sulfate from cultured yeast)	1 mg 50%
Chromium (as chromium chloride from cultured yeast)	50 mcg 42%
Molybdenum (as sodium molybdate from cultured yeast)	10 mcg 13%

Botanical Blend 100 mg *

Organic Blueberry (fruit) Powder, Organic Blackberry (fruit) Powder, Organic Raspberry (fruit) Powder, Lemon Balm (leaf) Powder, Rose Hips (fruit) Powder.

Culture Blend 12.5 mg *

Bifidobacterium breve, *Lactobacillus acidophilus*, *Lactobacillus rhamnosus*, *Lactobacillus salivarius*, *Streptococcus thermophilus*.

* Daily Value not established.

OTHER INGREDIENTS: CULTURE MEDIA (*SACCHAROMYCES CEREVISIAE*, MOLASSES), SILICON DIOXIDE, ORGANIC CARNAUBA WAX, VEGETABLE COATING (HYDROXYPROPYL METHYLCELLULOSE, GLYCERIN), ORGANIC ACACIA GUM.

DISTRIBUTED BY:
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BLENDED AND PACKAGED IN U.S.A.

CAUTION: AS WITH ANY DIETARY SUPPLEMENT, CONSULT YOUR HEALTHCARE PRACTITIONER BEFORE USING THIS PRODUCT, ESPECIALLY IF YOU ARE PREGNANT, NURSING, ANTICIPATE SURGERY, TAKE MEDICATION ON A REGULAR BASIS OR ARE OTHERWISE UNDER MEDICAL SUPERVISION.

KEEP OUT OF REACH OF CHILDREN. FOR ADULT USE ONLY.

DO NOT USE IF SEAL IS BROKEN OR MISSING.

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.

STORE IN A COOL, DRY PLACE.

SUGGESTED USE: TAKE 1 TABLET DAILY.

- NO ARTIFICIAL COLORS OR FLAVORS
- NO CHEMICAL PRESERVATIVES
- GLUTEN FREE
- VEGAN

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ADULT ONE DAILY

MULTIVITAMIN

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DIETARY SUPPLEMENT

130 TABLETS