Directions: Adults take three (3) tablets daily. Do not exceed recommended dose. No need to take with food - it is food! As a reminder, discuss the supplements and medications that you take with your health care and lab providers.

Supplement Facts

Serving Size 3 tablets
Servings Per Container 30

Amount Per Serving		% Daily Value
Vitamin A (from organic food blend as beta carotene)	930 mcg (3,100 I.U.)	72%
Vitamin C (from organic food blend, organic acerola extract (fruit),organic amla (fruit))	60 mg	50%
Vitamin D (3)(gas cholecalciferol from lichen)	15 mcg (600 I.U.)	100%
Vitamin E (as d-alpha tocopheryl succinate)	43.5 mg (65 I.U.)	229%
Thiamin (Vitamin B1)(from organic food blend)	1.8 mg	129%
Riboflavin (Vitamin B2)(from organic food blend)	2 mg	125%
Niacin (from organic food blend)	21 mg	117%
Vitamin B6 (from organic food blend)	2.5 mg	125%
Folate (from organic food blend)	800 mcg DFE	133%
Vitamin B12 (as methylcobalamin)	2.8 mcg	100%
Biotin (from organic food blend)	35 mcg	100%
Pantothenic Acid (from organic food blend)	10.2 mg	146%
Iron (from organic food blend)	18 mg	67%
Iodine (from organic kelp)	150 mcg	52%
Organic Food Blend providing:	1,854 mg (1.85 g)	*

Organic Specialty Blend: (Organic guava extract (fruit), organic mango extract (fruit), organic lemon extract (fruit)), (Organic Fermented Whole Foods Blend (organic kale (leaf), organic daikon radish sprout (seed), organic broccoli sprout (seed), organic cranberry (fruit), organic pumpkin (fruit), organic collard greens (leaf), organic spinach (leaf), organic açaí (fruit), organic blackberry (fruit), organic tart cherry (fruit), organic raspberry (fruit), organic blueberry (fruit), organic strawberry (fruit), organic adzuki bean (seed), organic beet (root), organic broccoli (stem & flower), organic ginger (root), organic red lentil bean (seed), organic quinoa sprout (seed), organic pomegranate (fruit), organic pea (seed), organic banana (fruit), organic mango (fruit), organic chlorella (bloom), organic spirulina (bloom), organic millet sprout (seed)), organic dunaliella salina extract (algae), organic white rice flour (seed), organic chlorella (whole plant), organic sesbania extract (algae), organic lemon extract (citrus limon) (peel)).

Organic Curry Leaf Extract (*Murraya Koenigii*) (leaf)

Organic Ginger Blend (Organic ginger powder (Zingiber officinale) (root), organic ginger extract (Zingiber officinale) (root))

Fermented Organic Greens with Organic Sprout Blend (organic kale (leaf), organic collard greens (leaf), organic broccoli (stem & flower), organic cabbage sprout (seed), organic broccoli sprout (seed), organic spinach (leaf), organic kale sprout (seed), organic mustard seed sprout (seed), organic chlorella (bloom), organic spirulina (bloom), organic watercress sprout (seed)).

*Daily Value not established.

Other Ingredients: Organic maltodextrin, organic soy fiber, cellulose, organic coating (organic tapioca maltodextrin, organic sunflower lecithin, sustainably sourced organic palm oil, organic guar gum), silica. Contains soy. May contain trace quantities of Crustacean shellfish (species unknown) and fish (species unknown) from organic kelp material.

[1]Per serving

CAUTION: If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

Do not accept if seal is broken. Store in a dry place between 59°-86° F.

Keep out of the reach of children.

See box for Lot No. and Best By Date information.

This product has been manufactured at a GMP Registered facility.

Color variation or speckling is natural for this product.

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Realfood organics®

Here at Realfood Organics®, we love farm stands and supporting our local farmers and food artisans. It's the beauty of the freshly picked vegetables, the seasonal fruits, and the friendly smiles that keep us going back. It is this inspiration that led us to craft Realfood Organics®, a line of tailored multivitamins and aloe vera made from real foods. We source only USDA organic ingredients to share with you, what we would feel good about feeding ourselves and to our families. Good supplementation begins with real fruits, vegetables, greens, sprouts and legumes.

• FERMENTED WHOLE FOODS •

Realfood organics® | PRENATAL

Certified Gluten-Free Non-GMO

USDA ORGANIC

4 SERVINGS FRUITS & VEGETABLES[1†Δ]
†Based on ORAC equivalents per serving

- 800 mcg DFE of whole food folate°
- 18 mg of whole food iron°
- Gentle on the stomach

with Vegan D3, KELP + Concentrated Extracts

Dietary Supplement | 90 Easy-to-Swallow Tablets

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FREESHNESS
CONSISTENCY • ACCURACY

FROM FIELD TO TABLET

A whole food supplement as close to its natural state as possible. The finest, organic whole foods are selected, and transformed into a unique Realfood Organics® blend.

STEP 1 — **FIELD** cultivated according to USDA standards

STEP 2 — **PROBIOTIC CULTURE** as the fermentation base

STEP 3 — **FERMENTED & FREEZE-DRIED** to concentrate the blends

STEP 4 — **BLENDED** into powder

STEP 5 — **TABLET** for convenient every day multivitamin use

YES CERTIFIED ORGANIC BY QAI
YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES CERTIFIED VEGAN BY THE AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER
NO GMOs
NO WHEAT OR MILK
NO PRESERVATIVES
NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
NO MAGNESIUM STEARATE

Δ Based on ORAC equivalents per serving. Developed using ORAC (Oxygen Radical Absorbance Capacity) values of common fruits and vegetables in the U.S. and independent third party laboratory test data. These servings are just the starting point for your overall wellness and we at Realfood Organics® hope that you also visit your local farm stand to get fresh organic fruits and vegetables that not only include a variety of phytonutrients such as naturally occurring polyphenols, but also provide dietary fiber.

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°Per serving

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WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a Poison Control Center immediately.

CAUTION: If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

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Certified GF Gluten-Free
Certified B Corporation

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