

Amount Per Serving 100

Organic Whole-Food Blend 100% mg
 (organic Sesbania [leaf], organic guava [fruit], organic amaranth [fruit],
 organic apple [fruit], organic kale [leaf], organic broccoli [leaf],
 organic spinach [leaf], organic carrot [root], organic parsley [leaf],
 organic beet [root], organic green cabbage [leaf], organic soybean
 [seal], organic blueberry [fruit], organic raspberry [fruit], organic
 strawberry [fruit], organic tomato [fruit], organic lemon [peel],
 organic annatto [seed], organic mustard [seed]).

Astaxanthin (from organic *Haematococcus pluvialis*) 4 mg

Daily Value not established.

Other ingredients: Vegan capsule (pullulan), organic rice concentrate.
SUGGESTED USE: As a dietary supplement, adults take three (3)
 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
 medications. Store in original container away from moisture and
 direct sunlight. Keep out of reach of children.

From 100 mg of organic whole microalgae at time of bottling.



NUTRIGOLD

MADE WITH ORGANIC WHOLE FOODS

Men's 55+ Multi Gold

PLANT-BASED WHOLE FOOD + ASTAXANTHIN

90 VEGAN CAPSULES - DIETARY SUPPLEMENT



SUPPLEMENT FACTS

Serving Size: 3 capsules

Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin A (100% as beta-carotene)	125 mcg RAE	25%
(from organic <i>B. salina</i> microalgae)		
Vitamin C (from organic whole-food blend)	50 mg	100%
Vitamin D (as D3 from lichen)	20 mcg (800 IU)	100%
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)	7.2 mg	600%
Polysilica (from organic whole-food blend)	10 mg	75%
Calcium (from organic whole-food blend)	15 mg	10%
Vitamin B6 (from organic whole-food blend)	22 mg	1,100%
Fiber (from organic whole-food blend)	400 mcg DFE	100%
Vitamin B-12 (as methyl B-12 & adenosyl B-12)	24 mcg	1,800%
Iodine (from organic whole-food blend)	60 mcg	200%
Ascorbic Acid (from organic whole-food blend)	25 mg	100%
Calcium (from organic <i>Algae calcareas</i> algae)	30 mg	2%
Iodine (from organic kelp [whole thallus])	130 mcg	90%
Nicotinamide (from organic whole-food blend)	10 mg	2%
Citric (from organic whole-food blend)	10 mg	90%
Selenium (from organic whole-food blend)	60 mcg	100%
Magnesium (from organic whole-food blend)	1 mg	40%
Chromium (from organic whole-food blend)	70 mcg	200%



0202 & 100

Formulated & Distributed By
 NutriGold Inc., Irvine, CA 92618 USA
 (949) 434-0540 • www.nutrigold.com
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