

Amount Per Serving 100

Organic Whole-Food Blend 275 mg 1
 organic Sesbania (leaf), organic amla (fruit), organic holy basil (leaf),
 organic guava (fruit), organic Moringa (leaf), organic lemon (peel),
 organic mustard (seed), organic annatto (seed)

Daily value not established.

Other ingredients: Vegan capsule (pullulan) and organic rice-coconut.

SUGGESTED USE: As a dietary supplement, adults take one (1) capsule daily, or as directed by a healthcare professional.

Whole-food vitamins and minerals sourced from real fruits and veggies. Convenient one-per-day dosage in easy-to-swallow capsules.



NUTRIGOLD

MADE WITH ORGANIC FOODS

One Daily Men's Multi Gold

PLANT-BASED WHOLE FOOD NUTRIENTS

30 CAPSULES - DIETARY SUPPLEMENT



Caution: Please consult a healthcare professional before using 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.

SUPPLEMENT FACTS

Serving Size: 1 capsule

Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin A (100% as beta-carotene)	80 mcg RAE	10%
(from organic D. salina microalgae)		
Vitamin C (from organic whole-food blend)	45 mg	50%
Vitamin B-12 (from lichen)	20 mcg (800 IU)	100%
Vitamin E (from organic whole-food blend)	10 mg (15 IU)	70%
Vitamin K (100% as K2 (MK-7) from natto)	120 mcg	100%
Biotin (from organic whole-food blend)	2 mg	15%
Chlorophyll (from organic whole-food blend)	5 mg	380%
Calcium (from organic whole-food blend)	4 mg	50%
Vitamin B6 (from organic whole-food blend)	5 mg	100%
Iodine (from organic whole-food blend)	400 mcg DFE	100%
Vitamin B-12 (as methyl B-12 & adenosyl B-12)	24 mcg	1,800%
Selenium (from organic whole-food blend)	45 mcg	150%
Ascorbic Acid (from organic whole-food blend)	1 mg	230%
Algae (from organic kelp (whole thallus))	30 mcg	20%
Lipase (from organic whole-food blend)	2 mg	1%
Omega (from organic whole-food blend)	2 mg	20%
Silicon (from organic whole-food blend)	85 mcg	150%
Chromium (from organic whole-food blend)	55 mcg	150%



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