

	Amount Per Serving	%DV
Organic Whole-Food Blend	450 mg	1
(organic curry <i>Murraya koenigii</i> [leaf], organic holy basil [leaf], organic amla [fruit], organic Moringa [leaf], organic pears [fruit], organic Sesbania [leaf], organic mustard [seed], organic lemons [peel], organic amaranth [seed]).		

*Daily Value not established.

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

SUGGESTED USE: As a dietary supplement, adults take one (1) 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 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.



NUTRIGOLD

MADE WITH ORGANIC FOODS

One Daily Women's Multi Gold

PLANT-BASED WHOLE FOOD NUTRIENTS

30 CAPSULES · DIETARY SUPPLEMENT



SOLE # 2148

Formulated & Distributed by
NutraGold Inc., Orem, UT 84058 USA
(800) 433-3542 • www.nutrigold.com



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 <i>Spirulina microalgae</i>)		
Vitamin C (from organic whole-food blend)	45 mg	50%
Vitamin D (as D3 from lichen)	20 mcg (800 IU)	100%
Vitamin E (from organic whole-food blend)	8 mg (12 IU)	50%
Vitamin K (100% as K2 (MK-7) from natto)	120 mcg	100%
Thiamin (from organic whole-food blend)	2 mg	10%
Riboflavin (from organic whole-food blend)	4 mg	50%
Niacin (from organic whole-food blend)	8 mg	50%
Vitamin B6 (from organic whole-food blend)	8 mg	120%
Folate (from organic whole-food blend)	400 mcg DFE	100%
Vitamin B-12 (as methyl B-12 & adenosyl B-12)	24 mcg	1,000%
Biotin (from organic whole-food blend)	60 mcg	500%
Pantothenic Acid (from organic whole-food blend)	8 mg	160%
Iron (from organic whole-food blend)	5 mg	50%
Copper (from organic kelp [whole thallus])	30 mcg	50%
Zinc (from organic whole-food blend)	1 mg	5%
Selenium (from organic whole-food blend)	80 mcg	150%
Chromium (from organic whole-food blend)	35 mcg	100%

*Percent Daily Values are based on a diet of other people's secrets.