

Amount Per Serving 50%

Organic Whole-Food Blend	1,248 mg	50%
(organic curry <i>Morinda koenigii</i> [leaf], organic acai [fruit], organic pomegranate [fruit], organic Sesbania [leaf], organic apple [fruit], organic kale [leaf], organic broccoli [floret], organic spinach [leaf], organic carrot [root], organic parsley [leaf], organic beet [root], organic cabbage [leaf], organic blueberry [fruit], organic raspberry [fruit], organic strawberry [fruit], organic tomato [fruit], organic lima [pea], organic Moringa [leaf], organic annatto [seed], organic soy [leaf], organic mustard [seed]).		

Daily intake 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.

WARNING: Accidental overdose of iron-containing products is a leading cause of 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 medicine. Store in original container away from moisture and direct light.



NUTRIGOLD

MADE WITH ORGANIC WHOLE FOODS

Women's Multi Gold™

PLANT-BASED WHOLE FOOD NUTRIENTS

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)	10 mcg RAE	20%
(from organic <i>D. salina</i> microalgae)		
Vitamin C (from organic whole-food blend)	90 mg	180%
Vitamin D (as D3 from lichen)	20 mcg (800 IU)	100%
Vitamin E (from organic whole-food blend)	23 mg (34 IU)	100%
Vitamin K (100% as K2 (MK-7) from natto)	120 mcg	100%
Thiamin (from organic whole-food blend)	9 mg	180%
Riboflavin (from organic whole-food blend)	10 mg	170%
Niacin (from organic whole-food blend)	16 mg	100%
Vitamin B6 (from organic whole-food blend)	26 mg	1,300%
Folate (from organic whole-food blend)	600 mcg DFE	150%
Vitamin B-12 (as methyl B-12 & adenosyl B-12)	24 mcg	1,000%
Iodine (from organic whole-food blend)	100 mcg	200%
Ascorbic Acid (from organic whole-food blend)	30 mg	600%
Iron (from organic whole-food blend)	14 mg	80%
Iodine (from organic kelp [whole thallus])	130 mcg	90%
Aquilegium (from organic whole-food blend)	6 mg	1%
Citric (from organic whole-food blend)	7 mg	60%
Calcium (from organic whole-food blend)	66 mcg	130%
Arginine (from organic whole-food blend)	1 mg	65%
Citronellal (from organic whole-food blend)	35 mcg	100%



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