

Contains No sugar, salt, dairy, wheat, gluten, soy, preservatives, artificial colors or flavors

Suggested Use: As a dietary supplement, adults take one (1) tablet on an empty stomach, with a meal, or as directed by a healthcare professional. Store in a cool, dry place away from direct light.

Each Women's Whole Food Daily Multi contains a proprietary blend of organic red clover, cranberry, red raspberry, shiitake, reishi and maitake; that's designed specifically for women's health.

^ The nutrients in this organic, whole food complex have been cultured in a base of fruits, vegetables & herbs with *Lactobacillus bulgaricus*, *Streptococcus thermophilus* and *Saccharomyces cerevisiae* (yeast). This unique food grown complex provides naturally occurring enzymes, phytonutrients and metabolites for added support.

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.

NATURAL COLOR VARIATIONS MAY OCCUR IN THIS PRODUCT
KEEP OUT OF REACH OF CHILDREN.

Manufactured for:
CHK Nutrition
3930 E Calvary Rd • Duluth, MN 55803
877-538-8388 toll free



New Day. Fresh Start. Better Health.

Women's One Daily

WHOLE FOOD MULTI

Dietary Supplement

90 Tablets

SUPPLEMENT FACTS

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A as beta carotene [^]	5,000 IU	100%	Organic Cultured Women's Herbal Blend (Red Clover, Cranberry, Reishi, Shiitake, Maitake, and Red Raspberry)		
Vitamin C [^]	70 mg	116%		32.5 mg*	
Vitamin D-3 [^]	400 IU	100%	Organic Cultured Vegetable Blend (Proprietary blend of Tomato, Pea, Carrot, Spinach and Pepper)		
Vitamin E [^]	35 IU	116%		90 mg*	
Vitamin K [^]	80 mcg	100%	Organic Cultured Fruit Blend (Proprietary blend of Cherry, Banana, Apple, Strawberry and Blueberry)		
Vitamin B-1 [^]	1.5 mg	100%		70 mg*	
Vitamin B-2 [^]	1.7 mg	100%	Organic Cultured Sprout Blend (Proprietary blend of Amaranth, Quinoa and Millet)		
Niacin [^]	20 mg	100%		15 mg*	
Vitamin B-6 [^]	2 mg	100%	Organic Cultured Spice Blend (Proprietary Blend of Cinnamon, Allspice and Clove)		
Folic acid [^]	800 mcg	200%		6 mg*	
Vitamin B-12 [^]	12 mcg	200%	Essential Glyconutrient Blend (Mannose, galactose, and xylose from <i>Coffea arabica</i> and <i>Aloe barbadensis</i>)		
Biotin [^]	300 mcg	100%		5 mg*	
Pantothenic acid [^]	10 mg	100%	*Daily Value not established		
Calcium [^]	10 mg	1%			
Iron [^]	3 mg	17%			
Iodine [^]	150 mcg	100%			
Magnesium [^]	10 mg	3%			
Zinc [^]	15 mg	100%			
Selenium [^]	70 mcg	100%			
Copper [^]	2 mg	100%			
Manganese [^]	1 mg	50%			
Chromium [^]	120 mcg	100%			
Molybdenum [^]	75 mcg	100%			
Potassium [^]	3 mg	<1%			

Other Ingredients: Organic maltodextrin, organic maize flour, organic gum acacia, cellulose gum, vegetable stearin, magnesium stearate and silica.

QUALITY &
POTENCY
GUARANTEED

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