

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

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

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

One Daily Whole Food Multi is a blend of organic vegetables, fruits, sprouts, and herbs that have been cultured to create a whole food supplement that optimizes nutrient absorption and utilization.

^ A whole food nutrient in a base of cultured fruits, vegetables, herbs and spices with *Lactobacillus bulgaricus*, *Streptococcus thermophilus* and *Saccharomyces cerevisiae* (yeast). Contains all naturally occurring enzymes, phytonutrients and metabolites.

WARNING: Consult your physician prior to using this product if you are pregnant or nursing, taking medications or have a medical condition. Discontinue use two weeks prior to surgery.

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.

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	3,000 mcg (5,000 IU)	333%	as beta carotene ^		
Vitamin C ^	70 mg	78%			
Vitamin D-3 ^	10 mcg (400 IU)	50%			
Vitamin E ^	23 mg (35 IU)	153%			
Vitamin K ^	80 mcg	67%			
Vitamin B-1 ^	1.5 mg	125%			
Vitamin B-2 ^	1.7 mg	131%			
Niacin ^	20 mg	125%			
Vitamin B-6 ^	2 mg	118%			
Folate ^	1,333 mcg DFE (800 mcg folic acid)	333%			
Vitamin B-12 ^	12 mcg	500%			
Biotin ^	300 mcg	1,000%			
Pantothenic acid ^	10 mg	200%			
Calcium ^	10 mg	1%			
Iron ^	3 mg	17%			
Iodine ^	150 mcg	100%			
Magnesium ^	10 mg	2%			
Zinc ^	15 mg	136%			
Selenium ^	70 mcg	127%			
Copper ^	2 mg	222%			
Manganese ^	1 mg	43%			
Chromium ^	120 mcg	343%			
Molybdenum ^	75 mcg	167%			
Potassium ^	3 mg	<1%			
			Organic Cultured Herbal Blend (Proprietary Blend of Reishi, Shiitake, Maitake, Lycopene and Ginseng)	32.5 mg	*
			Organic Cultured Vegetable Blend (Proprietary blend of Tomato, Pea, Carrot, Spinach and Pepper)	90 mg	*
			Organic Cultured Fruit Blend (Proprietary blend of Cherry, Banana, Apple, Strawberry and Blueberry)	70 mg	*
			Organic Cultured Sprout Blend (Proprietary blend of Amaranth, Quinoa and Millet)	15 mg	*
			Organic Cultured Spice Blend (Proprietary Blend of Cinnamon, Allspice and Clove)	6 mg	*
			Essential Glyconutrient Blend (Mannose, glucose, galactose and xylose from Coffea arabic and Aloe barbadensis)	5 mg	*
			*Daily Value not established		



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