



30
VEGAN TABLETS



mykind
ORGANICS

CERTIFIED ORGANIC
WHOLE FOOD MULTIVITAMIN



WOMEN

ONCE DAILY
WHOLE FOOD SUPPLEMENT

Suggested Use: Adults take 1 tablet daily with food. Not intended for children.

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene from Organic Food Blend)	900 mcg	100%
Vitamin C (from Organic Food Blend)	90 mg	100%
Vitamin D (D3 from Lichen, D2 from Organic <i>Agaricus bisporus</i>)	20 mcg (800 IU)	100%
Vitamin E (from Organic Food Blend)	15 mg	100%
Vitamin K (from <i>Saccharomyces cerevisiae</i>)	120 mcg	100%
Thiamin (Vitamin B1 from Organic Food Blend)	1.2 mg	100%
Riboflavin (Vitamin B2 from Organic Food Blend)	1.3 mg	100%
Niacin (from Organic Food Blend)	16 mg	100%
Vitamin B6 (from Organic Food Blend)	6.8 mg	400%
Folate (from Organic Food Blend)	440 mcg DFE	110%
Vitamin B12 (as Methylcobalamin from <i>Saccharomyces cerevisiae</i>)	4.8 mcg	200%
Biotin (from Organic Food Blend)	150 mcg	500%
Pantothenic Acid (from Organic Food Blend)	5 mg	100%
Iron (from Organic Food Blend)	2.5 mg	14%
Zinc (from Organic Food Blend)	3.9 mg	35%
Selenium (from Organic Food Blend)	55 mcg	100%
Manganese (from Organic Food Blend)	0.8 mg	35%
Chromium (from Organic Food Blend)	38.5 mcg	110%
Organic Food Blend	646 mg	+

Organic *Sesbania grandiflora* (leaf), Organic Emblic (Amla, *Phyllanthus emblica*) (fruit) Extract, Organic Apple (fruit), Organic *Muraya koenigii* (Curry leaf), Organic *Psidium guajava* (Guava fruit & leaf), Organic *Ocimum sanctum* (Holy Basil leaf), Organic Annatto (fruit & seed), Organic Lemon (peel), Organic *Moringa oleifera* (Moringa leaf), Organic Mushroom (*Agaricus bisporus*), Organic Strawberry (fruit), Organic Cherry (fruit), Organic Blackberry (fruit), Organic Blueberry (fruit), Organic Raspberry (fruit), Organic Beet (root), Organic Broccoli (stalk & flower), Organic Carrot (root), Organic Spinach (leaf), Organic Tomato (fruit), Organic Green Bell Pepper (fruit), Organic Brussels Sprout (leaf), Organic Ginger (root), Organic Garlic (bulb), Organic Green Onion (bulb), Organic Parsley (leaf), Organic Cauliflower (flower & stem), Organic Red Cabbage (leaf), Organic Asparagus (flower & stem), Organic Celery (stalk), Organic Cucumber (gourd), Organic Kale (leaf)

+ Daily Value not established.

Other Ingredients: Clean Tablet Technology™ Blend (patent pending): Organic Gum Arabic, Organic Dextrose, Organic Coating (Organic Tapioca Maltodextrin, Organic Sunflower Lecithin, Organic Palm Oil, Organic Guar Gum), Organic Brown Rice, Organic Potato Starch.

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, giving product to children, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.

Keep out of reach of children. Store in a cool, dry place. Do not use if safety seal is broken or missing.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep out of reach of children. In case of accidental overdose, call a physician or poison control center immediately.

Package size is determined by labeling information, not the number of servings in this container. The serving size and contents are clearly marked. Made without dairy or soy ingredients, peanut, tree nuts or shellfish. Manufactured in a facility that also processes soy, dairy, peanut, tree nuts and shellfish.

No artificial colors or preservatives.

Distributed by Garden of Life LLC

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Certified Organic by QCS www.gardenoflife.com

Made in the U.S.A. from foods grown in the U.S.A.

and other countries.



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