



CERTIFIED ORGANIC WHOLE FOOD



PLANT IRON & ORGANIC HERBS

NON-CONSTIPATING, EASILY ABSORBED

CRANBERRY-LIME
FLAVOR
240 mL (8 FL OZ.)

LIQUID WHOLE
FOOD SUPPLEMENT

Suggested Use: Shake well before each use. Adults and children 6 years and over take 10mL daily. Refrigerate after opening and consume within 30 days. Clean cup after each use.

Supplement Facts

Serving Size About 10 mL
Servings Per Container 24

	Amount Per Serving	% Daily Value
Vitamin C (from Organic Food Blend)	15 mg	17%
Vitamin B6	2 mg	118%
Vitamin B12 (as Methylcobalamin)	100 mcg	4167%
Iron (from Organic Food Blend)	10 mg	56%
Certified Organic Food Blend	353 mg	+
Organic Curry <i>Murraya koenigii</i> (leaf), Organic Strawberry (fruit), Organic Tart Cherry (fruit), Organic Beet (root), Organic Broccoli (stalk & flower), Organic Carrot (root), Organic Spinach (leaf), Organic Blackberry (fruit), Organic Tomato (fruit), Organic Amaranth (sprout), Organic Buckwheat (sprout), Organic Millet (sprout), Organic Quinoa (sprout), Organic Adzuki Bean (sprout), Organic Chia Seed (sprout), Organic Flax Seed (sprout), Organic Garbanzo Bean (sprout), Organic Lentil (sprout), Organic Pumpkin Seed (sprout), Organic Sesame Seed (sprout), Organic Sunflower Seed (sprout), Organic Blueberry (fruit), Organic Raspberry (fruit), Organic Red Cabbage (leaf), Organic Brussels Sprout (leaf), Organic Garlic (bulb), Organic Green Onion (bulb), Organic Ginger (root), Organic Cauliflower (flower & stem), Organic Parsley (leaf), Organic Green Bell Pepper (fruit), Organic Celery (stalk), Organic Cucumber (gourd), Organic Kale (leaf), Organic Asparagus (flower & stem)		
Certified Organic Ayurvedic Herbal Blend	128 mg	+
Organic Emblic (<i>Amla</i> , <i>Phyllanthus emblica</i>) (fruit) Extract, Organic Ashwagandha (root)		
+Daily Value not established.		

Other Ingredients: Purified Water, Organic Glycerin, Organic Apple Juice, Organic Cranberry-Lime Flavor, Organic Lemon Juice, Organic Citrus Extract (to preserve freshness), Organic Stevia (Rebaudioside A from *Stevia rebaudiana* leaf), Organic Rice.

Vitamins B6 and B12 from culture of *Saccharomyces cerevisiae*.

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.

Made without dairy, soy, wheat, peanut, fish and shellfish.

Manufactured in a facility that also processes soy, dairy, tree nuts, fish and shellfish.

No artificial colors, flavors, sweeteners or preservatives.

Distributed by Garden of Life LLC

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Certified Organic by QCS www.gardenoflife.com

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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.



MKOPIHL-122019

