



30+6=36  
VEGAN TABLETS

WHOLE FOOD SUPPLEMENT



20% MORE FREE!

WHOLE FOODS MARKET  
EXCLUSIVE

Garden of Life

mykind  
ORGANICS

CERTIFIED ORGANIC WHOLE FOOD



WOMEN'S ONCE DAILY

WHOLE FOOD MULTIVITAMIN

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

## Supplement Facts

Serving Size 1 Tablet  
Servings Per Container 36

	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)	25 mcg (1,000 IU)	125%
Vitamin E (from Organic Food Blend)	16 mg	107%
Vitamin K (from <i>Saccharomyces cerevisiae</i> )	120 mcg	100%
Thiamin (Vitamin B1 from Organic Food Blend)	1.38 mg	115%
Riboflavin (Vitamin B2 from Organic Food Blend)	1.5 mg	115%
Niacin (from Organic Food Blend)	18.4 mg	115%
Vitamin B6 (from Organic Food Blend)	8.5 mg	500%
Folate (from Organic Food Blend)	400 mcg DFE	100%
Vitamin B12 (as Methylcobalamin from <i>Saccharomyces cerevisiae</i> )	5 mcg	208%
Biotin (from Organic Food Blend)	120 mcg	400%
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)	35 mcg	100%
<b>Organic Food Blend</b>	646 mg	+

**Organic Sesbania grandiflora** (leaf), **Organic Emblic** (*Amla*, *Phyllanthus emblica*) (fruit) Extract, **Organic Apple** (fruit), **Organic Murraya 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**

4200 Northrup Parkway, Palm Beach Gardens, FL 33410 USA

Certified Organic by QCS [www.gardenoflife.com](http://www.gardenoflife.com)

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