



90+18=108  
VEGAN TABLETS

## PRENATAL MULTI

### WHOLE FOOD MULTIVITAMIN



mykind  
ORGANICS

CERTIFIED ORGANIC WHOLE FOOD

20% MORE FREE!



**Suggested Use:** Adults take 3 tablets daily with food. Not intended for children.

## Supplement Facts

Serving Size 3 Tablets  
Servings Per Container 36

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Amount Per Serving | % Daily Value |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|---------------|
| Vitamin A (as Beta Carotene from Organic Food Blend)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 1,300 mcg          | 100%          |
| Vitamin C (from Organic Food Blend)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 150 mg             | 125%          |
| Vitamin D (D3 from Lichen)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 25 mcg (1,000 IU)  | 167%          |
| Vitamin E (from Organic Food Blend)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 19 mg              | 100%          |
| Vitamin K (from <i>Saccharomyces cerevisiae</i> )                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 90 mcg             | 100%          |
| Thiamin (Vitamin B1 from Organic Food Blend)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 1.61 mg            | 115%          |
| Riboflavin (Vitamin B2 from Organic Food Blend)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 1.84 mg            | 115%          |
| Niacin (from Organic Food Blend)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 20.7 mg            | 115%          |
| Vitamin B6 (from Organic Food Blend)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 9 mg               | 450%          |
| Folate (from Organic Food Blend)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 800 mcg DFE        | 133%          |
| Vitamin B12 (Methylcobalamin from <i>Saccharomyces cerevisiae</i> )                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 14 mcg             | 500%          |
| Biotin (from Organic Food Blend)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 210 mcg            | 600%          |
| Pantothenic Acid (from Organic Food Blend)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 8.05 mg            | 115%          |
| Iron (from Organic Food Blend)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 27 mg              | 100%          |
| Iodine (from Organic Food Blend)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 290 mcg            | 100%          |
| Zinc (from Organic Food Blend)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 13 mg              | 100%          |
| Selenium (from Organic Food Blend)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 50 mcg             | 71%           |
| Manganese (from Organic Food Blend)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 0.75 mg            | 29%           |
| Chromium (from Organic Food Blend)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 90 mcg             | 200%          |
| Vitamin K2 (as menaquinone-7)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 20 mcg             | +             |
| <b>Organic Food Blend</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 1.4 g              | +             |
| Organic Curry <i>Murraya koenigii</i> (leaf), Organic <i>Psidium guajava</i> (Guava fruit & leaf), Organic <i>Sesbania grandiflora</i> (leaf), Organic Emblic (Amla, <i>Phyllanthus emblica</i> ) (fruit) Extract, Organic Sea Kelp, Organic Mushroom ( <i>Agaricus bisporus</i> ), Organic Lemon (peel), Organic <i>Ocimum sanctum</i> (Holy Basil leaf), Organic Annatto (fruit & seed), Organic <i>Moringa oleifera</i> (Moringa leaf), Organic Apple (fruit), Organic Beet (root), Organic Broccoli (stalk & flower), Organic Carrot (root), Organic Spinach (leaf), Organic Tomato (fruit), Organic Strawberry (fruit), Organic Cherry (fruit), Organic Blackberry (fruit), Organic Green Bell Pepper (fruit), Organic Brussels Sprout (leaf), Organic Ginger (root), Organic Blueberry (fruit), Organic Garlic (bulb), Organic Green Onion (bulb), Organic Raspberry (fruit), Organic Parsley (leaf), Organic Cauliflower (flower & stem), Organic Red Cabbage (leaf), Organic Asparagus (flower & stem), Organic Celery (stalk), Organic Cucumber (gourd), Organic Kale (leaf) |                    |               |
| <b>Organic Stomach Soothing Blend</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 100 mg             | +             |
| Organic Lemon (fruit), Organic Tomato (fruit), Organic Ginger (root), Organic Peppermint (leaf)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                    |               |

+ Daily Value not established.

**Other Ingredients:** Clean Tablet Technology™ Blend (patent pending):

Organic Gum Arabic, Organic Dextrose, Organic Coating (Organic Sunflower Lecithin, Organic Tapioca Maltodextrin, Organic Palm Oil,

Organic Guar Gum), Organic Brown Rice.

**Distributed by Garden of Life LLC**

4200 Northcorp Parkway, Palm Beach Gardens, FL 33410 USA

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

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

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### 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.

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.

Package size is determined by labeling information, not the number of servings in this container. The serving size and contents are clearly marked.

No artificial colors or preservatives.



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