

Suggested Usage: Take 1 tablet daily with a meal. TRAACS™ is a trademark of Albion Laboratories, Inc. FloraGLO® is a registered trademark of Kemin Industries, Inc. Aquamin® is a registered trademark of Marigot Limited.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. This product contains Biotin which may interfere with some blood test results. Go to nowfoods.com/biotinlab for details.

Natural color variation may occur in this product. Store in a cool, dry place after opening.



Multi-Food 1™

One Tablet Daily

Complete Multi Vitamin
With Fruits, Vegetables
& Super Nutrients

90 Tablets

A Dietary Supplement Vegetarian/Vegan



Family owned since 1968.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (100% as Beta-Carotene)	1,500 mcg	167%
Vitamin C (as Ascorbic Acid)	60 mg	67%
Vitamin D (as Ergocalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (as d-alpha Tocopheryl Succinate)	20 mg	133%
Vitamin K (as Phytonadione K-1 and Menaquinone-4 K-2)	80 mcg	67%
Thiamin (Vitamin B-1) (from Thiamin HCl)	25 mg	2083%
Riboflavin (Vitamin B-2)	25 mg	1923%
Niacin (Vitamin B-3) (as Niacinamide)	25 mg	156%
Vitamin B-6 (from Pyridoxine HCl)	25 mg	1471%
Folate (400 mcg folic acid)	680 mcg DFE	170%
Vitamin B-12 (as Cyanocobalamin)	120 mcg	5000%
Biotin	300 mcg	1000%
Pantothenic Acid (from Calcium Pantothenate)	25 mg	500%
Calcium (from Aquamin® Seaweed Derived Minerals)	80 mg	6%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Oxide and Aquamin® Seaweed Derived Minerals)	40 mg	10%
Zinc (from Zinc Bisglycinate) (TRAACS™)	15 mg	136%
Selenium (from L-Selenomethionine)	70 mcg	127%

Copper (from Copper Bisglycinate) (TRAACS™)	1 mg	111%
Manganese (from Manganese Bisglycinate) (TRAACS™)	2 mg	87%
Chromium (from Chromium Picolinate)	200 mcg	571%
Molybdenum (from Sodium Molybdate)	75 mcg	167%
Potassium (from Potassium Chloride)	5 mg	< 1%
Organic Fruit & Vegetable Blend:	200 mg	†
Organic Cauliflower, Organic Spinach, Organic Carrot, Organic Beet, Organic Tomato, Organic Blueberry, Organic Cranberry, Organic Cherry, Organic Raspberry, Organic Strawberry		
Super Nutrient Blend of:	90 mg	†
Green Tea Extract (<i>Camellia sinensis</i>) (Leaf), Grape Seed Extract (<i>Vitis vinifera</i>), Organic Aloe Vera (<i>Aloe barbadensis</i>) (Leaf), Alpha Lipoic Acid, Turmeric Root Extract (<i>Curcuma longa</i>), Japanese Knotweed Extract (<i>Polygonum cuspidatum</i>) (Root/Rhizome) (with <i>trans</i> -Resveratrol), CoQ10 (Coenzyme Q10), Lutein (from Marigold Flowers Extract) (FloraGLO®), Lycopene (from Tomato Extract)		

† Daily Value not established.

Other ingredients: Microcrystalline Cellulose, Stearic Acid (vegetable source), Silicon Dioxide, Croscarmellose Sodium and Vegetarian Coating. Vitamin E from non-GMO soy.

Manufactured & Quality Tested by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
nowfoods.com

Not manufactured with wheat, gluten, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.



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