

Suggested Usage: Take 2 capsules daily with food.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

TRAACS™ is a trademark of Albion Laboratories, Inc. 7



6
CODE 3788Z V9

CAPSULE SIZE





EcoGreen Multi

With Green Superfoods

Iron-Free

180 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 2 Veg Capsules Servings Per Container 90

	Amount Per Serving	% Daily Value
Vitamin A (100% as Beta-Carotene)	3,750 mcg	417%
Vitamin C (from Calcium Ascorbate)	250 mg	278%
Vitamin D (as Ergocalciferol)	2.5 mcg (100 IU)	13%
Vitamin E (from d-alpha Tocopheryl Succinate)	67 mg	447%
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	680 mcg DFE (400 mcg folic acid)	170%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	4167%
Biotin	50 mcg	167%
Pantothenic Acid (from Calcium Pantothenate)	25 mg	500%
Choline (from Choline Bitartrate)	25 mg	5%
Calcium (from Calcium Ascorbate, Carbonate and Citrate)	50 mg	4%
Iodine (from Kelp)	75 mcg	50%
Magnesium (from Mag. Oxide and Citrate)	50 mg	12%
Zinc (from Zinc Picolinate)	7.5 mg	68%
Selenium (from L-Selenomethionine)	25 mcg	45%
Copper (from Copper Bisglycinate) (TRAACS™)	0.25 mg	28%
Manganese (from Manganese Bisglycinate) (TRAACS™)	2.5 mg	109%
Chromium (from Chromium Picolinate)	50 mcg	143%

Molybdenum (from Sodium Molybdate)	25 mcg	56%
Potassium (from Potassium Chloride)	12.5 mg	<1%
Organic Spirulina	125 mg	†
Organic Chlorella (Broken Cell Wall)	50 mg	†
Alfalfa Juice Concentrate	50 mg	†
Green Tea Extract (Leaf)	25 mg	†
Inositol	25 mg	†
PABA (Para-Aminobenzoic Acid)	15 mg	†
Panax Ginseng (Root)	50 mg	†
Citrus Bioflavonoid Complex	25 mg	†
Rutin Powder (<i>Sophora japonica</i>) (Flower Bud)	12.5 mg	†
Bromelain (2400 GDU/g) (from Pineapple)	20 mg	†
Papain (2000 USP/mg) (from Papaya)	12.5 mg	†
Protease Blend (2000 SAP/g & 200 LAP/g)	12.5 mg	†
Lipase (80,000 LU/g)	12.5 mg	†
Amylase (5000 SKB/g)	5 mg	†

† Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Magnesium Stearate (vegetable source), Silicon Dioxide, Microcrystalline Cellulose and Stearic Acid (vegetable source).

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, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

