TEAR HERE

USE CUP TO TRACK

M T W Th F S Su

DIAL A DAY™

Use Dosage Cup to Track Daily Use.

Place dosage cup over bottle cap and align letter of week with ***DIAL A DAY*** *line above.*

Supplement Facts

Serving Size 2 Tablespoons (Tbsp) (1 fl. oz/30 mL)
Servings per Container 16

Amount per Serving		% DV
Calories	25	
Total Carbohydrate	10 g	4%†
Dietary Fiber	5 g	18%†
Total Sugars	0 g	**
Includes 0g Added Sugars		0%†
Sugar Alcohol	4 g	**
Vitamin A (50% as beta carotene and 50% retinyl palmitate)	1,500 mcg	167%
Vitamin C (ascorbic acid)	60 mg	67%
Vitamin D3 (as cholecalciferol)	10 mcg	50%
Vitamin E (as d-alpha tocopherol acetate)	20 mg	133%
Thiamin (vitamin B1)	1.5 mg	125%
Riboflavin (vitamin B2)	1.7 mg	131%
Niacin (as niacinamide)	20 mg	125%
Vitamin B6 (as pyridoxine hydrochloride)	2 mg	118%
Folate	666 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B12 (as cyanocobalamin)	6 mcg	250%
Biotin	300 mcg	1,000%
Pantothenic Acid (as d-panthenol)	10 mg	200%
Soluble Vegetable Fiber	4.3 g	**
Whole Fruit & Vegetable Blend: cherry extract, blueberry, cranberry, grape, tomato, bilberry extract, black currant extract, blackberry, lemon bioflavonoid complex, lycium (goji) extract, orange peel, pomegranate extract, raspberry, apple, apricot, beet juice, broccoli, carrot extract, kale, mango, pumpkin seed, spinach, wheat grass juice	200 mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.
**Daily Value not established.

Other ingredients: purified water, glycerin, erythritol, natural flavors, citric acid (preservative to maintain freshness), potassium sorbate (preservative to maintain freshness), xanthan gum, stevia leaf extract, calcium disodium EDTA, mixed tocopherols (preservative to maintain freshness)
Contains wheat.‡

Directions: Shake well before use. Take 2 Tablespoons (1 fluid ounce) daily either directly or mix into water or juice. Formulated for adults and children 12 years of age and older. Do not exceed recommended daily serving. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

DOSAGE CUP PROVIDED on top of bottle. Wash after each use.

TAMPER EVIDENT: Safety sealed with printed outer shrink-sleeve over bottle cap and printed inner seal. Do not use if either seal is broken or missing.

Keep out of reach of children. Can be stored at room temperature or refrigerated. Best used within 3 months after opening.

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Questions? 1-800-9NATURE / naturesway.com

Certified GF Gluten-Free

‡The wheat has been processed to allow this food to meet the Food and Drug Administration's (FDA) requirements for gluten-free foods.

› ***FAST ABSORBING LIQUID***
*helps you optimize daily health.**

› ***HIGH POTENCY MULTIVITAMIN FORMULA***
provides essential Vitamins, a complete B Complex, fruit and vegetable blend and is a good source of fiber.

› ***RICH IN ANTIOXIDANTS***
*Vitamins A, C, E help to protect your body from free radical damage.**

› ***JUST 1 OZ A DAY***
is easier than swallowing tablets.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

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FAST ABSORBING LIQUID

Nature's way

Multi Vitamin+

HEALTH & WELLNESS*

High Potency Multivitamin

Rich in Antioxidants A, C, E

Good Source of Fiber

Citrus Flavored
Sugar Free

16 SERVINGS

JUST 1 OZ DAILY

16 FL OZ (1 PT) (480 mL) • Dietary Supplement