

**Directions for use:** Adults, take 4 capsules per day with food. (Made with HPMC vegetable capsules.) Note: Pregnant or nursing women and people with known medical conditions should consult a physician before using. Do not use if safety seal is broken or missing. Store in a cool, dry place.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.



V1 60213210

# Supplement Facts

Serving Size Four (4) Capsules  
Servings Per Container 30

|                                                                                                                                                                                                                                                                                                                                                                            | Amount Per Serving | % Daily Value |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|---------------|
| <b>Calories</b>                                                                                                                                                                                                                                                                                                                                                            | <b>5</b>           |               |
| Vitamin A (as Retinyl Palmitate and 86% as $\beta$ -Carotene)                                                                                                                                                                                                                                                                                                              | 2,100 mcg          | 233%          |
| Vitamin C (from Calcium Ascorbate and Magnesium Ascorbate)                                                                                                                                                                                                                                                                                                                 | 200 mg             | 222%          |
| Vitamin D (as Ergocalciferol)                                                                                                                                                                                                                                                                                                                                              | 20 mcg             | 100%          |
| Vitamin E (as $\alpha$ -alpha Tocopherol, Natural Mixed Tocopherols and Tocotrienols)                                                                                                                                                                                                                                                                                      | 34 mg              | 227%          |
| Vitamin K (as Phytonadione from Glycoprotein Matrix)                                                                                                                                                                                                                                                                                                                       | 20 mcg             | 17%           |
| Thiamin (as Thiamin HCl from Glycoprotein Matrix)                                                                                                                                                                                                                                                                                                                          | 3 mg               | 250%          |
| Riboflavin (from Glycoprotein Matrix)                                                                                                                                                                                                                                                                                                                                      | 3 mg               | 231%          |
| Niacin (as Niacinamide from Glycoprotein Matrix)                                                                                                                                                                                                                                                                                                                           | 20 mg NE           | 125%          |
| Vitamin B <sub>6</sub> (as Pyridoxine HCl from Glycoprotein Matrix)                                                                                                                                                                                                                                                                                                        | 3 mg               | 176%          |
| Folate (from Calcium L-5-methyltetrahydrofolate)                                                                                                                                                                                                                                                                                                                           | 680 mcg DFE        | 170%          |
| Vitamin B <sub>12</sub> (as Methylcobalamin)                                                                                                                                                                                                                                                                                                                               | 10 mcg             | 417%          |
| Biotin (from Glycoprotein Matrix)                                                                                                                                                                                                                                                                                                                                          | 30 mcg             | 100%          |
| Pantothenic Acid (as $\alpha$ -Calcium panthothenate from Glycoprotein Matrix)                                                                                                                                                                                                                                                                                             | 10 mg              | 200%          |
| Calcium (from Natural Coral, Dicalcium Malate, and Calcium Ascorbate)                                                                                                                                                                                                                                                                                                      | 500 mg             | 36%           |
| Iron (as Ferrous Bis-Glycinate Chelate)                                                                                                                                                                                                                                                                                                                                    | 6 mg               | 33%           |
| Iodine (from Potassium Iodide)                                                                                                                                                                                                                                                                                                                                             | 25 mcg             | 17%           |
| Magnesium (from Dimagnesium Malate and Magnesium Ascorbate)                                                                                                                                                                                                                                                                                                                | 150 mg             | 36%           |
| Zinc (as Zinc Bis-Glycinate Chelate)                                                                                                                                                                                                                                                                                                                                       | 15 mg              | 136%          |
| Selenium (as Selenium Glycinate Complex)                                                                                                                                                                                                                                                                                                                                   | 70 mcg             | 127%          |
| Copper (as Copper Bis-Glycinate Chelate)                                                                                                                                                                                                                                                                                                                                   | 0.5 mg             | 56%           |
| Manganese (as Manganese Bis-Glycinate Chelate)                                                                                                                                                                                                                                                                                                                             | 0.5 mg             | 22%           |
| Chromium (as Chromium Nicotinate Glycinate Chelate)                                                                                                                                                                                                                                                                                                                        | 50 mcg             | 143%          |
| <b>Proprietary Whole-Food Blend:</b>                                                                                                                                                                                                                                                                                                                                       | <b>71 mg</b>       | **            |
| Kale (Brassica oleracea acephala) Leaf Powder, Dandelion (Taraxacum officinale) Leaf Powder, Parsley (Petroselinum crispum) Leaf Powder, Broccoli (Brassica oleracea italica) Aerial Parts Powder, Brussels Sprout (Brassica oleracea gemmifera) Immature Inflorescences Powder, Spinach (Spinacia oleracea) Leaf Powder, Cabbage (Brassica oleracea capitata) Leaf Powder |                    |               |
| <b>Active Enzyme Blend:</b>                                                                                                                                                                                                                                                                                                                                                | <b>10 mg</b>       | **            |
| Protease, Lactase, Lipase, Amylase, $\alpha$ -Galactosidase, Diastase, Glucoamylase, Pepsinase                                                                                                                                                                                                                                                                             |                    |               |
| <b>dōTERRA Tummy Tamer Blend:</b>                                                                                                                                                                                                                                                                                                                                          | <b>30 mg</b>       | **            |
| Caraway Seed Extract, Ginger Root Extract, Peppermint Leaf Extract                                                                                                                                                                                                                                                                                                         |                    |               |

\*\* Daily Value not established.

**Other Ingredients:** Hypromellose, Modified food starch, Maltodextrin, Stearic acid, Silicon dioxide, Soy flour, Gum Acacia, Yeast (Saccharomyces cerevisiae), Glycine, Citric acid, Microcrystalline cellulose, Pea starch, Alginate, DL-Methionine, Hesperidin, Lactobacillus acidophilus.

Contains Soy and Wheat

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dōTERRA®  
VEGAN  
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FOOD NUTRIENT  
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dietary supplement

120 } VEGGIE CAPS, 30-DAY SUPPLY