



180
VEGAN TABLETS



PRENATAL MULTI WHOLE FOOD MULTIVITAMIN



Garden of Life *mykind*
ORGANICS
CERTIFIED ORGANIC WHOLE FOOD

WHOLE FOOD SUPPLEMENT

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

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 60

	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	+
Organic Food Blend	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)		
Organic Stomach Soothing Blend	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 Northchase Parkway, Palm Beach Gardens, FL 33410 USA
Certified Organic by QCS www.gardenoflife.com
Made in the U.S.A. from foods grown in the U.S.A. and other countries.



MKOP180L-092719

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.

