



30
VEGAN TABLETS

WHOLE FOOD SUPPLEMENT

PRENATAL ONCE DAILY
WHOLE FOOD MULTIVITAMIN



Garden of Life
mykind
ORGANICS
CERTIFIED ORGANIC WHOLE FOOD

Suggested Use: Adults take 1 tablet daily with food. Not intended for children.

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene from Organic Food Blend)	1,300 mcg	100%
Vitamin C (from Organic Food Blend)	120 mg	100%
Vitamin D (D3 from Lichen)	18.8 mcg (900 IU)	125%
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)	1.5 mg	107%
Riboflavin (Vitamin B2 from Organic Food Blend)	1.7 mg	106%
Niacin (from Organic Food Blend)	20 mg	111%
Vitamin B6 (from Organic Food Blend)	9 mg	450%
Folate (from Organic Food Blend)	600 mcg DFE	100%
Vitamin B12 (as Methylcobalamin from <i>Saccharomyces cerevisiae</i>)	3 mcg	107%
Biotin (from Organic Food Blend)	160 mcg	457%
Pantothenic Acid (from Organic Food Blend)	7 mg	100%
Iron (from Organic Food Blend)	18 mg	67%
Iodine (from Organic Food Blend)	145 mcg	50%
Zinc (from Organic Food Blend)	3 mg	23%
Selenium (from Organic Food Blend)	42 mcg	60%
Manganese (from Organic Food Blend)	0.6 mg	23%
Chromium (from Organic Food Blend)	78.8 mcg	175%

Organic Food Blend

930 mg +
Organic *Murraya koenigii* (Curry leaf), Organic Emblic (Amla, *Phyllanthus emblica*) (fruit) Extract, Organic *Sesbania grandiflora* (leaf), Organic Sea Kelp, Organic *Psidium guajava* (Guava fruit & leaf), Organic Apple (fruit), Organic Lemon (peel), Organic Annatto (fruit & seed), Organic *Ocimum sanctum* (Holy Basil leaf), Organic Mushroom (*Agaricus bisporus*), Organic *Moringa oleifera* (Moringa leaf), Organic Strawberry (fruit), Organic Cherry (fruit), Organic Blackberry (fruit), Organic Blueberry (fruit), Organic Raspberry (fruit), Organic Beet (root), Organic Broccoli (stalk & flower), Organic Carrot (root), Organic Spinach (leaf), Organic Tomato (fruit), Organic Green Bell Pepper (fruit), Organic Brussels Sprout (leaf), Organic Ginger (root), Organic Garlic (bulb), Organic Green Onion (bulb), Organic Parsley (leaf), Organic Cauliflower (flower & stem), Organic Red Cabbage (leaf), Organic Asparagus (flower & stem), Organic Celery (stalk), Organic Cucumber (gourd), Organic Kale (leaf)

+ Daily Value not established.

Other Ingredients: Clean Tablet Technology™ Blend (patent pending); Organic Dextrose, Organic Gum Arabic, Organic Coating (Organic Sunflower Lecithin, Organic Tapioca Maltodextrin, Organic Palm Oil, Organic Guar Gum), Organic Brown Rice, Organic Potato Starch.

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.

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.

Package size is determined by labeling information, not the number of servings in this container. The serving size and contents are clearly marked.

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.

Keep out of reach of children. Store in a cool, dry place.

Do not use if safety seal is broken or missing.

No artificial colors or preservatives.

Distributed by Garden of Life LLC

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Certified Organic by QCS www.gardenoflife.com

Made in the U.S.A. from foods grown in the U.S.A. and other countries.



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