



Garden of Life

mykind
ORGANICS

CERTIFIED ORGANIC WHOLE FOOD



WOMEN'S MULTI 40+

WHOLE FOOD MULTIVITAMIN

60
VEGAN TABLETS

WHOLE FOOD SUPPLEMENT

Suggested Use: Adults take 2 tablets daily with food. Not intended for children.

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene from Organic Food Blend)	1,170 mcg	130%
Vitamin C (from Organic Food Blend)	100 mg	111%
Vitamin D (D3 from Lichen)	30 mcg (1,200 IU)	150%
Vitamin E (from Organic Food Blend)	19.5 mg	130%
Vitamin K (from <i>Saccharomyces cerevisiae</i>)	120 mcg	100%
Thiamin (Vitamin B1 from Organic Food Blend)	1.56 mg	130%
Riboflavin (Vitamin B2 from Organic Food Blend)	1.95 mg	150%
Niacin (from Organic Food Blend)	18.4 mg	115%
Vitamin B6 (from Organic Food Blend)	9.35 mg	550%
Folate (from Organic Food Blend)	400 mcg DFE	100%
Vitamin B12 (Methylcobalamin from <i>Saccharomyces cerevisiae</i>)	24 mcg	1000%
Biotin (from Organic Food Blend)	200 mcg	667%
Pantothenic Acid (from Organic Food Blend)	7 mg	140%
Iodine (from Organic Food Blend)	150 mcg	100%
Zinc (from Organic Food Blend)	5.5 mg	50%
Selenium (from Organic Food Blend)	55 mcg	100%
Manganese (from Organic Food Blend)	0.8 mg	35%
Chromium (from Organic Food Blend)	70 mcg	200%
Vitamin K2 (as menaquinone-7)	20 mcg	+
Organic Food Blend	715 mg	+
Organic <i>Sesbania grandiflora</i> (leaf), Organic Emblic (<i>Amia, Phyllanthus emblica</i>) (fruit) Extract, Organic Apple (fruit), Organic Sea Kelp, Organic <i>Psidium guajava</i> (Guava, fruit & leaf), Organic Mushroom (<i>Agaricus bisporus</i>), Organic <i>Ocimum sanctum</i> (Holy Basil leaf), Organic Annatto (fruit & seed), Organic Lemon (peel), Organic <i>Moringa oleifera</i> (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)		
Organic Hormone & Breast Support Blend	150 mg	+
Organic Black Cohosh (root)	50 mg	
Organic Tomato standardized for lycopene (fruit)	50 mg	
Organic Turmeric standardized for curcuminoids (rhizome)	50 mg	

+ 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, 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.

Keep out of reach of children. Store in a cool, dry place. Do not use if safety seal is broken or missing.

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. No artificial colors or preservatives.

Distributed by Garden of Life LLC
4200 Northcor Parkway, Palm Beach Gardens, FL 33410 USA
www.gardenoflife.com
Certified Organic by QCS
Made in the U.S.A. from foods grown in the U.S.A. and other countries.



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