

	Amount Per Serving	% DV
Organic Food Blend	1,180 mg	†
(organic guava [fruit] extract, organic amla [fruit] extract, organic <i>Sesbania</i> [leaf] extract, organic apple [fruit], organic kale [leaf], organic broccoli [floret], organic spinach [leaf], organic carrot [root], organic parsley [leaf], organic beet [root], organic green cabbage [leaf], organic blueberry [fruit], organic raspberry [fruit], organic strawberry [fruit], organic tomato [fruit], organic lemon [peel] extract, organic holy basil [aerial] extract, organic mustard [seed] extract, organic annatto [seed] extract, organic <i>Moringa</i> [leaf] extract).		
Solarplast® (organic spinach extract)	100 mg	†
SOD-B Extramel® (organic <i>Cucumis melo</i> [fruit] concentrate)	10 mg	†

†Daily Value not established.

Other Ingredients: Certified organic pullulan capsule, organic rice concentrate, organic MCT oil powder. **Contains tree nut (MCT from organic coconut).**

Caution: Please consult a healthcare professional before taking this supplement if you are pregnant, breastfeeding, or taking any medications. Keep out of reach of children. Natural ingredients can degrade. Once opened, consume within 60 days.

Extramel® is a trademark of BIONOV. Solarplast® is a registered trademark of Deerland Probiotics & Enzymes, Inc.



NUTRIGOLD®

ORGANIC & NON-GMO

Women's 55+ Multi Gold

**PLANT-BASED NUTRIENTS +
CLINICALLY-PROVEN ANTIOXIDANTS
SOLARPLAST® & SOD-B EXTRAMEL®**

90 ORGANIC CAPSULES

DIETARY SUPPLEMENT

SUGGESTED USE: As a dietary supplement, adults take 3 capsules daily with food, or as directed by a healthcare professional.

SUPPLEMENT FACTS
Serving Size: 3 capsules Servings Per Container: 30

	Amount Per Serving	% DV
Vitamin C (from organic food blend)	90 mg	100%
Vitamin D (as D3 from lichen)	20 mcg (800 IU)	100%
Vitamin E (from organic food blend)	15 mg (22 IU)	100%
Vitamin K (100% as K2 (MK-7) from natto)	120 mcg	100%
Thiamin (from organic food blend)	5 mg	417%
Riboflavin (from organic food blend)	6 mg	462%
Niacin (from organic food blend)	8 mg	50%
Vitamin B6 (from organic food blend)	13 mg	765%
Vitamin B9 (from organic food blend)	500 mcg DFE	125%
Vitamin B-12 (as methyl B-12 & adenosyl B-12)	24 mcg	1,000%
Biotin (from organic food blend)	75 mcg	250%
Pantothenic Acid (from organic food blend)	13 mg	260%
Iodine (from organic kelp [whole thallus])	150 mcg	100%
Zinc (from organic food blend)	11 mg	100%
Selenium (from organic food blend)	55 mcg	100%
Manganese (from organic food blend)	0.5 mg	22%
Chromium (from organic food blend)	35 mcg	100%

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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