**Directions:** Adults take two (2) tablets daily. No need to take with food - it is food! As a reminder, discuss the supplements and medications that you take with your health care and providers.

## Supplement Facts

**Serving Size** 2 tablets
**Servings Per Container** 30

| Amount Per Serving | % Daily Value |
|---|---|
| Vitamin A (as beta carotene) 450 mcg | 50% |
| Vitamin C (from organic food blend) 60 mg | 67% |
| Vitamin D (D$_3$(as cholecalciferol from lichen) 20 mcg (800 I.U.) | 100% |
| Vitamin E (as d-alpha tocopheryl succinate) 15 mg | 100% |
| Thiamin (Vitamin B1)(from organic food blend) 1.2 mg | 100% |
| Riboflavin (Vitamin B2)(from organic food blend) 1.3 mg | 100% |
| Niacin (from organic food blend) 16 mg | 100% |
| Vitamin B6 (from organic food blend) 1.7 mg | 100% |
| Folate (from organic food blend) 400 mcg DFE | 100% |
| Vitamin B12 (as methylcobalamin) 2.4 mcg | 100% |
| Biotin (from organic food blend) 30 mcg | 100% |
| Pantothenic Acid (from organic food blend) 5 mg | 100% |
| Organic Food Blend 1,180 mg (1.18 g) providing: | * |
| Organic Specialty Blend: (Organic Fermented Whole Foods Blend (organic kale (leaf), organic daikon radish sprout (seed), organic broccoli sprout (seed), organic cranberry (fruit), organic pumpkin (fruit), organic collard greens (leaf), organic spinach (leaf), organic acai (fruit), organic blackberry (fruit), organic tart cherry (fruit), organic raspberry (fruit), organic blueberry (fruit), organic strawberry (fruit), organic adzuki bean (seed), organic beet (root), organic broccoli (stem & flower), organic ginger (root), organic red lentil bean (seed), organic quinoa sprout (seed), organic pomegranate (fruit), organic pea (seed), organic banana (fruit), organic mango (fruit), organic chlorella (bloom), organic spirulina (bloom), organic millet sprout (seed)), (Organic guava extract (fruit), organic mango extract (fruit), organic lemon extract (fruit), organic chlorella (whole plant), organic sesbania extract (leaf)). | |
| Organic Acerola Powder (fruit) | |
| Organic Amla Extract (fruit) | |
| Organic Pumpkin Seed Powder | |
| Organic Aloe Vera (ACTIValoe®)(inner fillet)(leaf) | |
| Fermented Organic Greens with Organic Sprout Blend (organic kale (leaf), organic collard greens (leaf), organic broccoli (stem & flower), organic cabbage sprout (seed), organic broccoli sprout (seed), organic spinach (leaf), organic kale sprout (seed), organic mustard seed sprout (seed), organic chlorella (bloom), organic spirulina (bloom), organic watercress sprout (seed)). | |

*Daily Value not established.

Other Ingredients: Organic maltodextrin, organic gum acacia, cellulose, organic rice bran extract, silica, organic coating (organic tapioca maltodextrin, organic sunflower lecithin, sustainably sourced organic palm oil, organic guar gum), organic oat fiber, organic psyllium husk, organic pea starch, organic bamboo extract, organic gum arabic, organic sunflower oil, organic sunflower lecithin, organic potato starch, organic agave fiber.

**CAUTION:** If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

**Do not accept if seal is broken. Store in a dry place between 59°- 86° F.**
**Keep out of the reach of children.**
See box for Lot No. and Best By Date information.
This product has been manufactured at a GMP Registered facility.
ACTIValoe® and Ornatrix® are registered trademarks of Akeacorp, Inc.

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**Certified Organic by Quality Assurance International**

ACTIValoe
Ornatrix PERFECTION PROCESSING

Also consider
**Realfood Organics® Probiotic Daily Powder™:**
- 9 Probiotic Strains PLUS Fermented Whole Food Blends & Aloe Vera

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# Country Life

ESTABLISHED 1971

NEW & IMPROVED!

## Realfood organics® FOR MEN

FERMENTED WHOLE FOOD MULTIVITAMIN

Certified Gluten-Free
Non-GMO • Soy Free

USDA ORGANIC

2 SERVINGS FRUITS & VEGETABLES†A
†Based on ORAC equivalents per serving

- From whole raw fruits and vegetables
- Fermented for nutrient preservation

WITH VEGAN D3, ORGANIC BIOTIN • CONCENTRATED EXTRACTS

Dietary Supplement | 60 Easy-to-Swallow Tablets

Our PLEDGE of INTEGRITY — AUTHENTICITY • CLEANLINESS • FRESHNESS CONSISTENCY • ACCURACY

# Realfood organics®

Here at **Country Life®**, we love farm stands and supporting our local farmers and food artisans. It's the beauty of the freshly picked vegetables, the seasonal fruits, and the friendly smiles that keep us going back. It is this inspiration that led us to craft **Realfood Organics®**, a line of tailored multivitamins and aloe vera made from real foods. We source only USDA organic ingredients to share with you, what we would feel good about feeding ourselves and to our families. Good supplementation begins with real fruits, vegetables, greens, sprouts and legumes.

Lot No.
12M21
Best By:

0 15794 09102 8

YES CERTIFIED ORGANIC BY QAI
YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES CERTIFIED VEGAN BY THE AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER
NO GMOs
NO WHEAT, SOY OR MILK
NO PRESERVATIVES
NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
NO PRESERVATIVES OR MAGNESIUM STEARATE

A Based on ORAC equivalents per serving. Developed using ORAC (Oxygen Radical Absorbance Capacity) values of common fruits and vegetables in the U.S. and independent third party laboratory test data. These servings are just the starting point for your overall wellness and we at **Realfood Organics®** hope that you also visit your local farm stand to get fresh organic fruits and vegetables that not only include a variety of phytonutrients such as naturally occurring polyphenols, but also provide dietary fiber.

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Certified B CORPORATION
CERTIFIED GLUTEN FREE GFCO.ORG

# FROM FIELD TO TABLET

A whole food supplement as close to its natural state as possible. The finest, organic whole foods are selected, and transformed into a unique Realfood Organics® blend.

**STEP 1** — **FIELD** cultivated according to USDA Organic standards

**STEP 2** — **PROBIOTIC CULTURE** as the fermentation base

**STEP 3** — **FERMENTED & FLASH-DRIED** to concentrate the blends

**STEP 4** — **BLENDED** into powder

**STEP 5** — **TABLET** for convenient every day multivitamin use

**YES** CERTIFIED ORGANIC BY QAI
**YES** CERTIFIED GLUTEN-FREE BY GFCO.ORG
**YES** CERTIFIED VEGAN BY THE AVA
**YES** RECYCLABLE PACKAGING
**YES** MANUFACTURING SUPPORTS WIND POWER

**NO** GMOs
**NO** WHEAT, SOY OR MILK
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Certified B CORPORATION
CERTIFIED GLUTEN FREE GFCO.ORG

# REAL FOOD FROM REAL FARMS®

Food supplies known key nutrients that support overall good health. Additionally, food supplies those unknown components that only Mother Nature can provide. **Realfood Organics®** offers a variety of organic nutrients in a whole food-based multivitamin. With organic FERMENTED whole food, no herbs, and inner fillet aloe vera, **Realfood Organics®** provides Mother Nature's knowns and unknowns in convenient and easy to take tablets.

Go to CountryLifeVitamins.com to learn more.

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