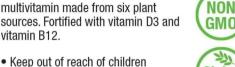
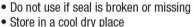
per day after a meal or as directed by your health care practitioner. TrueMulti™ is a whole food

Suggested Use: Take one (1) capsule





To re-order call toll free 800-593-2563

www.naturecity.com

IN THE USA

VitaShine® is a trademark of ESB Developments Ltd. Orgen® is a registered trademark of Orgenetics. Inc.



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Sov

Free

Gluten

Free

BLENDED & PACKAGED



## **Plant Based** Multivitamin

**NatureCity®** 

## **Dietary Supplement**

30 Vegetarian Capsules

## Serving Size: 1 capsule

Servings Per Container: 30 **Amount Per Serving** 

**Supplement Facts** 

Vitamin A	150 mcg
Vitamin C	60 mg
Vitamin D (as cholecalciferal D3 from lichen Vita	shine) 10 mcg
Vitamin E	33.5 mg
Thiamin	12.5 mg
Riboflavin	12.5 mg
Niacin	17.5 mg
Vitamin B6	25 mg
Folate	200 mcg DFE
Vitamin B12 (as methylcobalamin)	250 mcg
Biotin	50 mcg
Pantothenic acid	30 mg
Calcium	10 mg
Magnesium	1 mg
Zinc	3.75 mg
Selenium	35 mcg
Copper	0.75 mcg
Manganese	1 mg
Chromium	60 mcg
Potassium	10 mg
Orgen® blend [organic guava fruit extract ( <i>Psidium</i> 500 mg guajava), lemon peel extract ( <i>Citrus limon</i> ), sesbania leaf ( <i>Sesbania</i> grandiflora), amla fruit extract ( <i>Psyllanthus emblica</i> ), noly basil leaf extract ( <i>Ocimum sanctum</i> ) and annatto seed extract ( <i>(bisa orellara</i> )]	

% Daily Value

223%

1,012% 962% 109%

1,471%

10,417%

167%

Daily value not established

Other ingredients: hypromellose, silica, rice bran extract, microcrystalline cellulose and sunflower oil. Manufactured for and Distributed by: NatureCity® - Boca Raton, FL 33487