

Suggested Use: Take one (1) capsule per day after a meal or as directed by your health care practitioner.

TrueMulti™ is a whole food multivitamin made from six plant sources. Fortified with vitamin D3 and vitamin B12.

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

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

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BLENDED &
PACKAGED
IN THE USA

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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.



TrueMulti™

Plant Based Multivitamin

Dietary Supplement 30 Vegetarian Capsules

Supplement Facts

Serving Size: 1 capsule
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin A	150 mcg	17%
Vitamin C	60 mg	67%
Vitamin D (as cholecalciferol D3 from lichen Vitashine)	10 mcg	50%
Vitamin E	33.5 mg	223%
Thiamin	12.5 mg	1,042%
Riboflavin	12.5 mg	962%
Niacin	17.5 mg	109%
Vitamin B6	25 mg	1,471%
Folate	200 mcg DFE	50%
Vitamin B12 (as methylcobalamin)	250 mcg	10,417%
Biotin	50 mcg	167%
Pantothenic acid	30 mg	600%
Calcium	10 mg	<1%
Magnesium	1 mg	<1%
Zinc	3.75 mg	34%
Selenium	35 mcg	64%
Copper	0.75 mcg	<1%
Manganese	1 mg	43%
Chromium	60 mcg	171%
Potassium	10 mg	<1%

Orgen® blend [organic guava fruit extract (*Psidium guajava*), lemon peel extract (*Citrus limon*), sesbania leaf (*Sesbania grandiflora*), amla fruit extract (*Phyllanthus emblica*), holy basil leaf extract (*Ocimum sanctum*) and annatto seed extract (*Bixa orellana*)] 500 mg *

* Daily value not established.

Other ingredients: hypromellose, silica, rice bran extract, microcrystalline cellulose and sunflower oil.

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