Garden of Life®

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Living Multi®

Optimal Formula

Whole Food Nutrition from Living Nutrients®
Rich in Natural Antioxidants[2]
Comprehensive Daily Multiple

126 Vegetarian Caplets Whole Food Vitamin and Mineral Supplement

Living Multi® Optimal Formula is a comprehensive nutrition supplement which provides vitamins, minerals, and nutrients in body-ready whole food form. Living Multi® is a natural supermarket of 74 whole food concentrates in a unique blend of antioxidant-rich[2] fruits and vegetables, plus vitamins and minerals in the form of Living Nutrients®. These Living Nutrients® are created using our exclusive and proprietary Poten-Zyme® fermentation process. Living Nutrients® are complexes of vitamins and minerals that have been made more body-ready by probiotic microorganisms and their enzymes. As a result, these nutrients are easily digested and assimilated.

[2] Vitamins A,C,E

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call doctor or poison control center immediately.

† 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.

Supplement Facts

Serving Size 9 Caplets
Servings Per Container 14

	Amount Per Serving	%DV†
Calories	30	+
Calories from Fat	5	+
Total Fat	0.5	<1%
Sodium	40mg	2%
Total Carbohydrate	4g	1%
Dietary Fiber	2g	8%
Sugars	0g	+
Protein	2g	4%
Vitamin A* (beta carotene)	10,000IU	200%
Vitamin C*	90mg	150%
Vitamin D*	200IU	50%
Vitamin E*	45IU	150%
Thiamine* (B_1)	4.5mg	300%
Riboflavin* (B_2)	5.1mg	300%
Niacin* (B_3)	30mg	150%
Vitamin B_6*	6mg	300%
Folic Acid*	400mcg	100%
Vitamin B_{12}*	48mcg	800%
Biotin*	900mcg	300%
Pantothenic Acid*	30mg	300%
Calcium*	250mg	25%
Iodine*	180mcg	120%
Iron*	1mg	6%
Magnesium*	85mg	21%
Zinc*	15mg	100%
Selenium*	100mcg	143%
Copper*	200mcg	10%
Manganese*	3mg	150%
Chromium*	200mcg	167%
Molybdenum*	75mcg	100%
Potassium*	30mg	1%
Boron*	2mg	+
Vanadium*	120mcg	+
Choline*	30mg	+
Lycopene*	5mg	+
Lutein*	5mg	+

Natural Antioxidant Fruit and Veggie Blend 1632mg +
Acerola Cherry, Black Currant Extract, Pomegranate, Plum, Grape Seed Extract, Grape Leaf Extract, Grape Skin Extract, Cranberry, Raspberry, Blueberry, Strawberry, Aspie, Salad Extract, Onion, Artichoke Extract

Poten-Zyme® Sea Veggie Blend 1481mg +
Calcified Red Algae, *Ascophyllum nodosum*, Chlorella, Spirulina, *Ecklonia radiata*, *Laminaria japonica*, *Macrocystis pyrifera*, *Ecklonia kurome*, *Alaria esculenta*

Poten-Zyme® Veggie Juice Blend 1320mg +
Barley Grass**, Parsley**, Spinach, Oat Grass**, Kidney Bean Sprout**, Tomato**, Amaranth Sprout**, Quinoa Sprout**, Millet Sprout**, Buckwheat Sprout**, Garbanzo Bean Sprout**, Lentil Sprout**, Adzuki Sprout**, Flax Seed Sprout**, Sunflower Seed Sprout**, Pumpkin Seed Sprout**, Chia Seed Sprout**, Sesame Seed Sprout**, Beet**, Carrot**, Broccoli**, Kale**, Red Cabbage**, Brussels Sprout**, Green Bell Pepper**, Cucumber**, Celery**, Garlic**, Ginger Root**, Green Onion**, Cauliflower**, Asparagus**

Poten-Zyme® Tonic Mushroom Blend 451mg +
Reishi (*Ganoderma lucidum*) Mycelia**, Maitake (*Grifola frondosa*) Mycelia**, Shiitake (*Lentinula edodes*) Mycelia**, *Cordyceps sinensis* Mycelia**, *Hericium erinaceus* Mycelia**, *Polyporus umbellatus* Mycelia**, *Poria cocos* Mycelia**, *Auricularia auricula* Mycelia**, *Tremella fuciformis* Mycelia**

Antioxidant Beverage and Spice Blend 277mg +
Green Tea Extract, Ginger Extract, Turmeric Extract, Marigold Extract, Rosemary Extract, White Tea Extract, Coffee Extract, Thyme Extract

† Percent Daily Values (DV) are based on a 2,000 calorie diet
+ Daily Values not established

Other ingredients: microcrystalline cellulose, sodium croscarmellose, oat fiber, silicon dioxide, magnesium stearate (vegetable source), stearic acid (vegetable source), vegetable coating, probiotic cultures

*Living Nutrients® are complexes of vitamins and minerals that have been made more body-ready by probiotic microorganisms and their enzymes.

**Organic

Vegetarian • Dairy Free

RECYCLABLE BOTTLE

We Buy 100% Certified Renewable Energy

Green-e.org

Suggested Use: Adults take 6-9 caplets per day depending on nutritional needs. May be taken with or without food. Not intended for children.

Caution: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.

Store in a cool, dry place. This product is made with natural ingredients; therefore color may vary from lot to lot.
Contains no filler ingredients, artificial colors, preservatives.
Do not use if safety seal is broken or missing.
Keep out of reach of children.

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