

# Living Multi®

## Optimal Formula

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

252 Vegetarian Caplets  
Whole Food Vitamin and Mineral Supplement



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

## Supplement Facts

Serving Size 9 Caplets  
Servings Per Container 28

| Amount Per Serving                           | % Daily Value    | Amount Per Serving                                                                                                                                                                                                                                                                     | % Daily Value |
|----------------------------------------------|------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| Calories 30                                  |                  | Lycopene* 5 mg                                                                                                                                                                                                                                                                         | +             |
| Calories from Fat 5                          |                  | Lutein* 5 mg                                                                                                                                                                                                                                                                           | +             |
| Total Fat 0.5 g                              | <1% <sup>1</sup> | <b>Natural Antioxidant Fruit &amp; Veggie Blend 1.6 g +</b>                                                                                                                                                                                                                            |               |
| Sodium 40 mg                                 | 2%               | Acerola Cherry (fruit), Black Currant Extract (fruit),                                                                                                                                                                                                                                 |               |
| Total Carbohydrate 4 g                       | 1% <sup>1</sup>  | Pomegranate (fruit), Plum (fruit), Grape Seed Extract,                                                                                                                                                                                                                                 |               |
| Dietary Fiber 2 g                            | 8% <sup>1</sup>  | Grape Leaf Extract, Grape Skin Extract, Cranberry (fruit),                                                                                                                                                                                                                             |               |
| Sugars 0 g                                   | +                | Raspberry (fruit), Blueberry (fruit), Strawberry (fruit),                                                                                                                                                                                                                              |               |
| Protein 2 g                                  | 4% <sup>1</sup>  | Apple (fruit), Salad Extract (leaf), Onion (bulb), Artichoke                                                                                                                                                                                                                           |               |
| Vitamin A* (beta-carotene) 10,000 IU         | 200%             | Extract (flower)                                                                                                                                                                                                                                                                       |               |
| Vitamin C* 90 mg                             | 150%             | <b>Poten-Zyme® Sea Veggie Blend 1.5 g +</b>                                                                                                                                                                                                                                            |               |
| Vitamin D* 200 IU                            | 50%              | Calcified Red Algae, Ascophyllum nodosum, Chlorella,                                                                                                                                                                                                                                   |               |
| Vitamin E* 45 IU                             | 150%             | Spirulina, Ecklonia radiata, Laminaria japonica,                                                                                                                                                                                                                                       |               |
| Thiamin* (Vitamin B <sub>1</sub> ) 4.5 mg    | 300%             | Macrocystis pyrifera, Ecklonia kurone, Alaria esculenta                                                                                                                                                                                                                                |               |
| Riboflavin* (Vitamin B <sub>2</sub> ) 5.1 mg | 300%             | <b>Poten-Zyme® Veggie Juice Blend 1.3 g +</b>                                                                                                                                                                                                                                          |               |
| Niacin* (as Nicotinamide) 30 mg              | 150%             | Barley Grass**, Parsley**, Spinach**, Oat Grass**,<br>Tomato**, Amaranth Sprout**, Quinoa Sprout**, Millet                                                                                                                                                                             |               |
| Vitamin B <sub>6</sub> * 6 mg                | 300%             | Sprout**, Buckwheat Sprout**, Garbanzo Bean Sprout**,<br>Lentil Sprout**, Adzuki Sprout**, Flax Seed Sprout**, Chia                                                                                                                                                                    |               |
| Folate* 400 mcg                              | 100%             | Sunflower Seed Sprout**, Pumpkin Seed Sprout**,<br>Seed Sprout**, Sesame Seed Sprout**, Beet**, Carrot**,<br>Broccoli**, Kale**, Red Cabbage**, Brussels Sprout**,<br>Green Bell Pepper**, Cucurbit**, Celery**, Garlic**,<br>Ginger Root**, Green Onion**, Cauliflower**, Asparagus** |               |
| Vitamin B <sub>12</sub> * 48 mcg             | 800%             | <b>Poten-Zyme® Tonic Mushroom Blend 450 mg +</b>                                                                                                                                                                                                                                       |               |
| Biotin* 900 mcg                              | 300%             | Reishi (Ganoderma lucidum) Mycelia**, Maitake (Grifola                                                                                                                                                                                                                                 |               |
| Pantothenic Acid* 30 mg                      | 300%             | frondosa) Mycelia**, Shiitake (Lentinula edodes)                                                                                                                                                                                                                                       |               |
| Calcium* 250 mg                              | 25%              | Mycelia**, Coriolus versicolor Mycelia**, Cordyceps                                                                                                                                                                                                                                    |               |
| Iodine* 180 mcg                              | 120%             | sinensis Mycelia**, Hericium erinaceus Mycelia**,<br>Polyporus umbellatus Mycelia**, Poria cocos Mycelia**,<br>Arctostaphylos Mycelia**, Tremella fuciformis                                                                                                                           |               |
| Iron* 1 mg                                   | 6%               | Mycelia**                                                                                                                                                                                                                                                                              |               |
| Magnesium* 85 mg                             | 21%              | <b>Antioxidant Beverage &amp; Spice Blend 277 mg +</b>                                                                                                                                                                                                                                 |               |
| Zinc* 15 mg                                  | 100%             | Green Tea Extract, Ginger Extract, Turmeric Extract,                                                                                                                                                                                                                                   |               |
| Selenium* 100 mcg                            | 143%             | Marigold Extract, Rosemary Extract, White Tea Extract,                                                                                                                                                                                                                                 |               |
| Copper* 200 mcg                              | 10%              | Coffee Extract, Thyme Extract                                                                                                                                                                                                                                                          |               |
| Manganese* 3 mg                              | 150%             | <sup>1</sup> Percent Daily Values are based on a 2,000 calorie diet.                                                                                                                                                                                                                   |               |
| Chromium* 200 mcg                            | 167%             | + Daily Value not established.                                                                                                                                                                                                                                                         |               |
| Molybdenum* 75 mcg                           | 100%             |                                                                                                                                                                                                                                                                                        |               |
| Potassium* 30 mg                             | 1%               |                                                                                                                                                                                                                                                                                        |               |
| Boron* 2 mg                                  | +                |                                                                                                                                                                                                                                                                                        |               |
| Vanadium* 120 mcg                            | +                |                                                                                                                                                                                                                                                                                        |               |
| Choline* 30 mg                               | +                |                                                                                                                                                                                                                                                                                        |               |

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

Distributed by **Garden of Life LLC**  
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Made in the U.S.A. [www.gardenoflife.com](http://www.gardenoflife.com)



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**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 a physician or poison control center immediately.

**Keep out of reach of children.**

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

**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.