

Living Multi®

Optimal Women's Formula

Whole Food Nutrition from Living Nutrients®
Rich in Natural Antioxidants
Unique Women's Blend

90 Vegetarian Caplets
Whole Food Vitamin and Mineral Supplement



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

Supplement Facts

Serving Size 6 Caplets
Servings Per Container 15

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	Women's Blend	1.8 g +
Sodium	40 mg	Calcified Red Algae, Red Clover, Dong Quai Whole Herb,	
Total Carbohydrate	4 g	Wild Yam Whole Herb, Apple Extract, Pomegranate Extract,	
Dietary Fiber	2 g	Rhododendron caucasicum Extract	
Sugars	0 g	Natural Antioxidant Fruit & Veggie Blend	1.3 g +
Protein	2 g	Acornella Cherry (fruit), Black Currant Extract (fruit), Plum (fruit),	
Vitamin A* (beta-carotene)	10,000 IU	Grape Seed Extract, Pomegranate (fruit), Grape Leaf Extract,	
Vitamin C*	90 mg	Grape Skin Extract, Cariberry (fruit), Raspberry (fruit),	
Vitamin D*	200 IU	Blueberry (fruit), Apple (fruit), Strawberry (fruit), Anticoke	
Vitamin E*	45 IU	Extract (flower), Salad Extract (leaf), Onion (bulb)	
Thiamin* (Vitamin B₁)	4.5 mg	Poten-Zyme® Sea Veggie Blend	650 mg +
Riboflavin* (Vitamin B₂)	5.1 mg	Ascorphyllum nodosum, Chlorella, Spirulina, Ecklonia radiata,	
Niacin* (as Nicotinamide)	30 mg	Laminaria japonica, Monocystis pyrenosa, Ecklonia lunaris,	
Vitamin B₆*	6 mg	Alaria esculenta	
Folate*	400 mcg	Poten-Zyme® Tonic Mushroom Blend	450 mg +
Vitamin B₁₂*	48 mcg	Reishi (Ganoderma lucidum) Mycelia*, Maritime (Calfola	
Biotin*	900 mcg	frondosa) Mycelia*, Shiitake (Lentinula edodes) Mycelia*,	
Pantothenic Acid*	30 mg	Cordus versicolor Mycelia*, Cordyceps sinensis Mycelia*,	
Calcium*	400 mg	Hericium erinaceus Mycelia*, Polyporus umbellatus	
Iodine*	180 mcg	Mycelia*, Poria cocos Mycelia*, Atractylis arctata	
Iron*	18 mg	Mycelia*, Tremella lucidus Mycelia*	
Magnesium*	85 mg	Poten-Zyme® Veggie Juice Blend	430 mg +
Zinc*	15 mg	Barley Grass*, Parsley*, Spinach*, Oat Grass*, Tomato*,	
Selenium*	100 mcg	Annanth Sprout*, Quinoa Sprout*, Millet Sprout*, Buckwheat	
Copper*	200 mcg	Sprout*, Garbanzo Bean Sprout*, Lentil Sprout*, Adzuki	
Manganese*	3 mg	Sprout*, Pita Seed Sprout*, Sunflower Seed Sprout*, Pumpkin	
Chromium*	200 mcg	Seed Sprout*, Chia Seed Sprout*, Sesame Seed Sprout*,	
Molybdenum*	75 mcg	Beet*, Carrot*, Broccoli*, Kale*, Red Cabbage*, Brussels	
Potassium*	30 mg	Sprout*, Green Bell Pepper*, Cucumber*, Celery*, Garlic*,	
Boron*	2 mg	Ginger Root*, Green Onion*, Cauliflower*, Asparagus*	
Vanadium*	120 mcg	Antioxidant Beverage & Spice Blend	232 mg +
Choline*	30 mg	Green Tea Extract, Ginger Extract, Turmeric Extract,	
		Mangold Extract, Rosemary Extract, White Tea Extract,	
		Coffee Extract, Thyme Extract	

* Percent Daily Values are based on a 2,000 calorie diet.
* Daily Value not established.

Other ingredients: Monocrystalline 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

Distributed by **Garden of Life LLC**
5500 Village Blvd., West Palm Beach, FL 33407 USA
Made in the U.S.A. www.gardenoflife.com

Keep out of reach of children.

Store in a cool, dry place.

Do not use if safety seal is broken or missing.

Contains no artificial colors or preservatives.

This product is made with natural ingredients; therefore color may vary from lot to lot.

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



We Buy 100% Certified
Renewable Energy

