

Recommendation: Adults take 1 tablet daily, preferably with food. Not formulated for children. Do not exceed recommended dose. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

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 doctor or poison control center immediately.

Keep out of reach of children. Do not use if safety seal under child-resistant cap is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

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Green Bay, WI 54311 USA
Bottled and tested in the USA
Questions? 1-800-9NATURE / naturesway.com

Supplement Facts

Serving Size 1 Tablet

Amount per Serving	% DV**	Amount per Serving	% DV**
Vitamin A (as 60% (378 mcg) retinyl acetate, 40% (252 mcg) beta-carotene)	630 mcg 70%	Iron (as ferrous fumarate)	18 mg 100%
Vitamin C (as ascorbic acid)	135 mg 150%	Iodine (as potassium iodide)	150 mcg 100%
Vitamin D3 (as cholecalciferol)	30 mcg 150%	Magnesium (as magnesium oxide)	63 mg 15%
Vitamin E (as dl-alpha tocopheryl acetate)	15 mg 100%	Zinc (as zinc oxide)	11 mg 100%
Vitamin K (as phytonadione)	40 mcg 33%	Selenium (as L-selenomethionine)	55 mcg 100%
Thiamin (as thiamin mononitrate)	3.6 mg 300%	Copper (as copper bisglycinate)	0.9 mg 100%
Riboflavin	3.9 mg 300%	Manganese (as manganese bisglycinate)	2.3 mg 100%
Niacin (as niacinamide)	32 mg 200%	Molybdenum (as sodium molybdate)	45 mcg 100%
Vitamin B6 (as pyridoxine HCl)	5.1 mg 300%	Orchard Fruits™ & Garden Veggies™ Powder Blend: 100 mg **	
Folate	400 mcg DFE (240 mcg Folic Acid) 100%	Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Cherry, Pear, Tomato, Cauliflower, Raspberry, Acai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	
Vitamin B12 (as cyanocobalamin)	12 mcg 500%	Resveratrol (from Japanese Knotweed [root] Extract)	700 mcg **
Biotin	30 mcg 100%	Lutein (from Aztec Marigold [flower] Extract)	200 mcg **
Pantothenic Acid (as D-calcium pantothenate)	5 mg 100%	Lycopene (from Tomato [fruit] Extract)	200 mcg **
Calcium (as calcium carbonate)	195 mg 15%	Boron (as boric acid and citric acid blend)	150 mcg **

**Daily Value (DV) not established.

Other ingredients: cellulose, stearic acid, magnesium stearate, silica, hypromellose, glycerin, gelatin

100% OR MORE DV OF 18 VITAMINS & MINERALS

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CAFFEINE FREE