

	Amount Per Serving	% DV
Organic Food Blend	480 mg.....†	
(organic guava [fruit] extract, organic <i>Sesbania</i> [leaf] extract, organic amla [fruit] extract, organic holy basil [leaf] extract, organic <i>Moringa</i> [leaf] extract, organic lemon [peel] extract, organic mustard [seed] extract, organic annatto [seed] extract)		

†Daily Value not established.

Other Ingredients: Vegan capsule (plant cellulose), organic rice concentrate, organic MCT oil powder. **Contains tree nut** (MCT from organic coconut).

SUGGESTED USE: As a dietary supplement, adults take 1 capsule daily with food, or as directed by a healthcare professional.

This product is made using natural ingredients. Once opened, please consume product within 60 days.

Caution: Please consult a healthcare professional before taking this supplement if you are pregnant, breastfeeding, or taking any medications. Store in original container away from moisture and direct sunlight. Keep out of reach of children.



SKU # 2144

Formulated & Distributed By
NutriGold Inc., Orem, UT 84057, USA.
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NON-GMO

One Daily Men's Multi Gold

PLANT-BASED VITAMINS & MINERALS

30 VEGAN CAPSULES

DIETARY SUPPLEMENT



SUPPLEMENT FACTS

Serving Size: 1 capsule

Servings Per Container: 30

	Amount Per Serving	% DV
Vitamin C (from organic food blend)	45 mg.....	50%
Vitamin D (as D3 from lichen).....	20 mcg (800 IU).....	100%
Vitamin E (from organic food blend).....	10 mg.....	67%
Vitamin K (100% as K2 (MK-7) from natto)	120 mcg.....	100%
Thiamin (from organic food blend)	2 mg.....	167%
Riboflavin (from organic food blend).....	5 mg.....	385%
Niacin (from organic food blend)	8 mg.....	50%
Vitamin B6 (from organic food blend)	9 mg.....	529%
Vitamin B9 (from organic food blend)	400 mcg DFE.....	100%
Vitamin B-12 (as methyl B-12 & adenosyl B-12)	24 mcg.....	1,000%
Biotin (from organic food blend)	45 mcg.....	150%
Pantothenic Acid (from organic food blend)	11 mg.....	220%
Iodine (from organic kelp [whole thallus])	75 mcg.....	50%
Zinc (from organic food blend)	7 mg.....	64%
Selenium (from organic food blend)	85 mcg.....	155%
Chromium (from organic food blend).....	55 mcg.....	157%

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.