

Amount Per Serving % DV

Organic Food Blend	540 mg.....†
(organic curry <i>Murraya koenigii</i> [leaf] extract, organic guava [fruit] extract, organic amla [fruit] extract, organic holy basil [leaf] extract, organic <i>Moringa</i> [leaf] extract, organic <i>Sesbania</i> [leaf] extract, organic mustard [seed] extract, organic lemon [peel] extract, organic annatto [seed] extract)	

†Daily Value not established.

Other Ingredients: Certified organic pullulan capsule, 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.

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.



Caution: Please consult a healthcare professional before taking this supplement if you are pregnant, breastfeeding, or taking any medications. This product is made using natural ingredients. Once opened, please consume product within 60 days.



SKU # 2148

Formulated & Distributed By
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NUTRIGOLD®

ORGANIC & NON-GMO

One Daily Women's Multi Gold

PLANT-BASED VITAMINS & MINERALS

30 ORGANIC 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).....	10 mcg (400 IU).....	50%
Vitamin E (from organic food blend).....	8 mg.....	53%
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).....	3 mg.....	231%
Niacin (from organic food blend)	8 mg.....	50%
Vitamin B6 (from organic food blend)	8 mg.....	471%
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)	60 mcg.....	200%
Pantothenic Acid (from organic food blend)	8 mg.....	160%
Iron (from organic food blend).....	5 mg.....	28%
Iodine (from organic kelp [whole thallus])	75 mcg.....	50%
Zinc (from organic food blend)	6 mg.....	55%
Selenium (from organic food blend)	80 mcg.....	145%
Chromium (from organic food blend).....	35 mcg.....	100%

*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.