

	Amount Per Serving	% DV
Organic Food Blend	1,120 mg	†
(organic <i>Sesbania</i> [leaf] extract, organic guava [fruit] extract, organic amla [fruit] extract, organic apple [fruit], organic kale [leaf], organic broccoli [floret], organic spinach [leaf], organic carrot [root], organic parsley [leaf], organic beet [root], organic green cabbage [leaf], organic holy basil [aerial] extract, organic blueberry [fruit], organic raspberry [fruit], organic strawberry [fruit], organic tomato [fruit], organic lemon [peel] extract, organic annatto [seed] extract, organic mustard [seed] extract)		
Solarplast® (organic spinach extract)	100 mg	†

†Daily Value not established.

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



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, consume within 60 days.

Solarplast® is a registered trademark of Deerland Probiotics & Enzymes, Inc.



NON-GMO

Men's Multi Gold

**PLANT-BASED NUTRIENTS + CLINICALLY-PROVEN
POWERFUL ANTIOXIDANT SOLARPLAST®**

90 VEGAN CAPSULES

DIETARY SUPPLEMENT

SUGGESTED USE: As a dietary supplement, adults take 3 capsules daily with food, or as directed by a healthcare professional.

SUPPLEMENT FACTS

Serving Size: 3 capsules

Servings Per Container: 30

	Amount Per Serving	% DV
Vitamin C (from organic food blend)	90 mg	100%
Vitamin D (as D3 from lichen).....	20 mcg (800 IU)	100%
Vitamin E (from organic food blend).....	20 mg	133%
Vitamin K (100% as K2 (MK-7) from natto)	120 mcg	100%
Thiamin (from organic food blend)	6 mg	500%
Riboflavin (from organic food blend).....	9 mg	692%
Niacin (from organic food blend)	16 mg	100%
Vitamin B6 (from organic food blend)	21 mg	1,235%
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)	25 mg	500%
Iodine (from organic kelp [whole thallus])	150 mcg	100%
Zinc (from organic food blend)	11 mg	100%
Selenium (from organic food blend)	60 mcg	109%
Manganese (from organic food blend).....	1 mg	43%
Chromium (from organic food blend).....	70 mcg	200%

*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.



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