

Suggested Usage: Take 2 capsules daily with food.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. This product contains Biotin which may interfere with some blood test results. Go to nowfoods.com/biotinlab for details.

Natural color variation may occur in this product.

Albion™ is a trademark of Balchem Corporation or its subsidiaries. This bottle is made from 100% PCR (post-consumer recycled) resin.



CODE 3788Z V10

CAPSULE SIZE



EcoGreen Multi

With Green Superfoods

Iron Free

180 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 2 Veg Capsules Servings Per Container 90

	Amount Per Serving	% Daily Value
Vitamin A (100% as Beta-Carotene)	3,750 mcg	417%
Vitamin C (from Calcium Ascorbate)	250 mg	278%
Vitamin D (as Ergocalciferol)	2.5 mcg (100 IU)	13%
Vitamin E (from d-alpha Tocopheryl Succinate)	67 mg	447%
Thiamin (Vitamin B-1) (from Thiamin HCl)	25 mg	2083%
Riboflavin (Vitamin B-2)	25 mg	1923%
Niacin (Vitamin B-3) (as Niacinamide)	25 mg	156%
Vitamin B-6 (from Pyridoxine HCl)	25 mg	1471%
Folate	680 mcg DFE (400 mcg folic acid)	170%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	4167%
Biotin	50 mcg	167%
Pantothenic Acid (from Calcium Pantothenate)	25 mg	500%
Choline (from Choline Bitartrate)	25 mg	5%
Calcium (from Calcium Ascorbate, Carbonate and Citrate)	50 mg	4%
Iodine (from Kelp)	75 mcg	50%
Magnesium (from Mag. Oxide and Citrate)	50 mg	12%
Zinc (from Zinc Picolinate)	7.5 mg	68%
Selenium (from L-Selenomethionine)	25 mcg	45%
Copper (from Copper Bisglycinate) (Albion™)	0.25 mg	28%
Manganese (from Manganese Bisglycinate) (Albion™)	2.5 mg	109%
Chromium (from Chromium Picolinate)	50 mcg	143%

Molybdenum (from Sodium Molybdate)	25 mcg	56%
Potassium (from Potassium Chloride)	12.5 mg	< 1%
Organic Spirulina	125 mg	†
Organic Chlorella (Broken Cell Wall)	50 mg	†
Alfalfa Juice Concentrate	50 mg	†
Green Tea Extract (Leaf)	25 mg	†
Inositol	25 mg	†
PABA (Para-Aminobenzoic Acid)	15 mg	†
Panax Ginseng Extract (Root)	50 mg	†
Citrus Bioflavonoid Complex	25 mg	†
Rutin Powder (from <i>Sophora japonica</i> Flower Bud)	12.5 mg	†
Bromelain (2400 GDU/g) (from Pineapple)	20 mg	†
Papain (2000 USP/mg) (from Papaya)	12.5 mg	†
Protease Blend (2000 SAP/g & 200 LAP/g)	12.5 mg	†
Lipase (80,000 LU/g)	12.5 mg	†
Amylase (5000 SKB/g)	5 mg	†

† Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Magnesium Stearate (vegetable source), Silicon Dioxide, Microcrystalline Cellulose and Stearic Acid (vegetable source).

Vitamin E from non-GMO soy.

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd. Bloomingdale, IL 60108, USA nowfoods.com

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with wheat, gluten, milk, egg, fish, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

