

Suggested Use: Take one (1) capsule per day after a meal or as directed by your healthcare practitioner.

TrueMulti™ is a whole food multivitamin made from six plant sources. Fortified with plant-based vitamin D3 and vitamin B12.

- Keep out of reach of children
- Do not use if seal is broken or missing
- Store in a cool, dry place

VegD3® is a trademark of Avlaan, Inc.;
VegD3® is a plant based vegan Vitamin D3 exclusively distributed by AIDP, Inc.



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TrueMulti™

Plant Based Multivitamin

Dietary Supplement 30 Vegetarian Capsules



Supplement Facts

Serving Size: 1 capsule

Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin A (from Organic Food Blend)	150 mcg	17%
Vitamin C (from Organic Food Blend and Organic amla fruit extract)	90 mg	100%
Vitamin D (as vitamin D3 cholecalciferol from organic algae) (VegD3®)	20 mcg	100%
Vitamin E (from Organic Food Blend)	33.5 mg	223%
Thiamin (from Organic Food Blend)	12.5 mg	1,042%
Riboflavin (from Organic Food Blend)	12.5 mg	962%
Niacin (from Organic Food Blend)	17.5 mg	109%
Vitamin B6 (from Organic Food Blend)	25 mg	1,471%
Folate (from Organic Food Blend)	200 mcg DFE	50%
Vitamin B12 (as methylcobalamin)	250 mcg	10,417%
Biotin (from Organic Food Blend)	50 mcg	167%
Pantothenic acid (from Organic Food Blend)	30 mg	600%
Calcium (from Organic Food Blend)	2.5 mg	<1%
Magnesium (from Organic Food Blend)	1.25 mg	<1%
Chromium (from Organic Food Blend)	0.5 mcg	1%
Potassium (from Organic Food Blend)	10 mg	<1%

Organic Food Blend [organic guava leaf extract (Psidium guajava), lemon peel extract (Citrus limon), sesbania leaf extract (Sesbania grandiflora), amla fruit extract (Emblica officinalis), holy basil leaf extract (Ocimum sanctum) and annatto seed extract (Bixa orellana)]	500 mg	*
Organic amla fruit extract (Emblica officinalis)	80 mg	*

* Daily value not established.

Other ingredients: hypromellose, microcrystalline cellulose, silica, rice bran extract, and sunflower oil.

Manufactured for and Distributed by: NatureCity® – Boca Raton, FL 33487

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