

Lot No:

12L21

Best by:



Directions: Adults take two (2) tablets daily. No need to take with food - it is food! As a reminder, discuss the supplements and medications that you take with your health care and lab providers.

Supplement Facts

Serving Size 2 tablets
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	450 mcg 50%
Vitamin C (from organic food blend)	60 mg 67%
Vitamin D (D ₃)	20 mcg (800 IU) 100%
(as cholecalciferol from lichen)	
Vitamin E (as d-alpha tocopheryl succinate)	15 mg 100%
Thiamin (Vitamin B1)	1.2 mg 100%
(from organic food blend)	
Riboflavin (Vitamin B2)	1.3 mg 100%
(from organic food blend)	
Niacin (from organic food blend)	16 mg 100%
Vitamin B6 (from organic food blend)	1.7 mg 100%
Folate (from organic food blend)	400 mcg DFE 100%
Vitamin B12 (as methylcobalamin)	2.4 mcg 100%
Biotin (from organic food blend)	30 mcg 100%
Pantothenic Acid (from organic food blend)	5 mg 100%
Organic Food Blend	1,181 mg (1.18 g) *

providing:

Organic Specialty Blend: (Organic Fermented Whole Foods Blend (organic kale (leaf), organic daikon radish sprout (seed), organic broccoli sprout (seed), organic cranberry (fruit), organic pumpkin (fruit), organic collard greens (leaf), organic spinach (leaf), organic acai (fruit), organic blackberry (fruit), organic tart cherry (fruit), organic raspberry (fruit), organic blueberry (fruit), organic strawberry (fruit), organic adzuki bean (seed), organic beet (root), organic broccoli (stem & flower), organic ginger (root), organic red lentil bean (seed), organic quinoa sprout (seed), organic pomegranate (fruit), organic pea (seed), organic banana (fruit), organic mango (fruit), organic chlorella (bloom), organic spirulina (bloom), organic millet sprout (seed)), (Organic guava extract (fruit), organic mango extract (fruit), organic lemon extract (fruit), organic chlorella (whole plant), organic sesbania extract (leaf)).

Organic Acerola Powder (fruit)
Organic Amla Extract (fruit)

Organic Cranberry Powder (from organic cranberry/fruit)
Organic Aloe Vera (ACTiValue®/inner fillet/leaf)

Fermented Organic Greens with Organic Sprout Blend (organic kale (leaf), organic collard greens (leaf), organic broccoli (stem & flower), organic cabbage sprout (seed), organic broccoli sprout (seed), organic spinach (leaf), organic kale sprout (seed), organic mustard seed sprout (seed), organic chlorella (bloom), organic spirulina (bloom), organic watercress sprout (seed)).

*Daily Value not established.

YES CERTIFIED ORGANIC BY QAI
YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES CERTIFIED VEGAN BY THE AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER
NO GMOs
NO WHEAT, MILK OR SOY
NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
NO PRESERVATIVES OR MAGNESIUM STEARATE

Δ Based on ORAC equivalents per serving. Developed using ORAC (Oxygen Radical Absorbance Capacity) values of common fruits and vegetables in the U.S. and independent third party laboratory test data. These servings are just the starting point for your overall wellness and we at **Realfood Organics®** hope that you also visit your local farm stand to get fresh organic fruits and vegetables that not only include a variety of phytonutrients such as naturally occurring polyphenols, but also provide dietary fiber.

CAUTION: If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

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ACTiValue® 

Do not accept if seal is broken. Store in a dry place between 59° - 86° F. Keep out of the reach of children.

Other Ingredients: Organic maltodextrin, organic gum acacia, cellulose, organic rice bran extract, silica, organic coating (organic tapioca maltodextrin, organic sunflower lecithin, sustainably sourced organic palm oil, organic guar gum), organic oat fiber, organic psyllium husk, organic pea starch, organic bamboo extract, organic gum arabic, organic sunflower oil, organic sunflower lecithin, organic potato starch, organic agave fiber.

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Manufactured by Country Life, LLC

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Certified Organic by Quality Assurance International

ESTABLISHED
— 1971 —

Country Life®

NEW &
IMPROVED!

Realfood organics® FOR WOMEN

FERMENTED WHOLE FOOD
MULTIVITAMIN

Certified Gluten-Free
Non-GMO • Soy Free



2 SERVINGS
FRUITS &
VEGETABLES^{1Δ}
^{1Δ}Based on ORAC
equivalents per serving

- ▶ From whole raw fruits and vegetables
- ▶ Fermented for nutrient preservation

WITH VEGAN D3, ORGANIC BIOTIN + CONCENTRATED EXTRACTS

Dietary Supplement **60** Easy-to-Swallow Tablets

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

This product has
been manufactured
at a GMP
Registered facility.

