



Whole Food Men's One Daily

multivitamin • multimineral

**cultivated from natural
and organic whole foods***

90 Tablets • Dietary Supplement

**gluten
free**

**dairy
free**

**soy
free**

**nut
free**

actual size

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)*	5000 IU	100%
Vitamin C†	70 mg	117%
Vitamin D†	400 IU	100%
Vitamin E†	35 IU	117%
Vitamin K†	80 mcg	100%
Thiamin (Vitamin B1)†	1.5 mg	100%
Riboflavin (Vitamin B2)*	1.7 mg	100%
Niacin†	20 mg	100%
Vitamin B6†	2 mg	100%
Folic Acid†	800 mcg	200%
Vitamin B12†	12 mcg	200%
Biotin†	300 mcg	100%
Pantothenic Acid†	10 mg	100%
Calcium	10 mg	1%
Iron†	3 mg	17%
Iodine†	150 mcg	100%
Magnesium†	10 mg	3%
Zinc†	15 mg	100%
Selenium†	70 mcg	100%
Copper†	2 mg	100%
Manganese†	1 mg	50%
Chromium†	120 mcg	100%
Molybdenum†	75 mcg	100%
Potassium†	3 mg	0%

	Amount Per Serving	% Daily Value
Organic Cultured Herbal Blend (Proprietary Blend of Reishi, Shiitake, Maitake, Lycopene and Ginseng)	32.5 mg	*
Organic Cultured Vegetable Blend (Proprietary Blend of Tomato, Pea, Carrot, Spinach and Pepper)	90 mg	*
Organic Cultured Fruit Blend (Proprietary Blend of Cherry, Banana, Apple, Strawberry and Blueberry)	70 mg	*
Organic Cultured Sprout Blend (Proprietary Blend of Amaranth, Quinoa and Millet)	15 mg	*
Organic Cultured Spice Blend (Proprietary Blend of Cinnamon, Allspice and Clove)	6 mg	*
Essential Glyconutrient Blend (Mannose, galactose and xylose from <i>Coffea arabic</i> and <i>Aloe barbadensis</i>)	5 mg	*
Men's Herbal Blend (Proprietary Blend of Saw Palmetto berry powder, Bee Pollen powder, Fenugreek Seed powder and Pumpkin Seed oil)	25 mg	*

* Daily Value not established.

Other ingredients: Organic maltodextrin, organic maize flour, organic gum acacia, cellulose gum, microcrystalline cellulose, hypromellose, vegetable stearin, magnesium stearate, croscarmellose sodium, triacetin, silica.

Does not contain: Wheat, Gluten, Sugar, Salt, Soy, Dairy, Fish, Preservatives, Artificial Colors or Flavors

* A whole food nutrient in a base of cultured fruits, vegetables, herbs and spices with *Lactobacillus bulgaricus*, *Streptococcus thermophilus* and *Saccharomyces cerevisiae* (yeast). Contains all naturally occurring enzymes, phytonutrients and metabolites.

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.

STORE IN A COOL,
DRY PLACE.
KEEP OUT OF REACH
OF CHILDREN.

TAMPER EVIDENT.
Do not use if inner seal
is broken or missing.

DIRECTIONS: As a dietary supplement, take one (1) tablet daily, preferably with a meal.

WARNING: Consult your healthcare provider prior to use if you are taking any medication or have any medical conditions.

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.

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