

Vegan. Contains NO: gluten · wheat · milk · lactose · tree nuts · peanuts · eggs · fish · shellfish.

#1 Trusted Natural Vitamin Brand[†]

JUST 1 ONCE[®]

**100% Recycled, 100% Recyclable,
BPA-Free Bottle**

Please remove label to recycle bottle.
To open, press along perforation.

New Look,
Same
Formula!



Just Once[®]

Food-Based Multivitamin

Promotes heart, immune, brain & skin health*

Superfood energy & stress support*

Easy to digest with plant-source enzymes*

Vegan | Gluten-free

120 Tablets | Dietary Supplement

Food-based multivitamin creates a difference you can feel – in just 1 tablet per day.*
Complete nutritional support and antioxidant protection in a base of whole foods for easy digestion.*

• **Promotes heart, immune, brain & skin health***

• **Boosts energy & helps manage occasional stress***

• **Easy to digest: can be taken on an empty stomach***

• **Plant-source enzymes • whole foods**

SUGGESTED USAGE: Take 1 tablet daily, with or between meals.

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.

*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.

Supplement Facts

Serving Size 1 Tablet
Serving per container: 120

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as Beta-Carotene)	5,000 IU 100%	Manganese (as Glycinate)	2 mg 100%
Vitamin C (as Ascorbic Acid, Magnesium Ascorbate)	240 mg 400%	Chromium (as Amino Nicotinate)	50 mcg 42%
Vitamin D (as D2 Ergocalciferol)	400 IU 100%	Molybdenum (as Aspartate)	10 mcg 13%
Vitamin E (as d-alpha Tocopheryl Succinate)	30 IU 100%	Potassium (as Citrate)	20 mg <1%
Vitamin K (as Phytonadione)	30 mcg 38%	Boron (as Glycinate)	50 mcg *
Vitamin B-1 (as Thiamin Mononitrate)	6 mg 400%	Vanadium (as Vanadyl Sulfate)	8 mcg *
Riboflavin (Vitamin B-2)	6 mg 353%	Lemon Bioflavonoid Complex	60 mg *
Niacin (as Niacinamide)	30 mg 150%	Kelp Powder (Atlantic)	20 mg *
Vitamin B6 (as Pyridoxine)	6 mg 300%	Choline (as Bitartrate)	15 mg *
Folic Acid	400 mcg 100%	Inositol	15 mg *
Vitamin B-12 (as Cyanocobalamin)	25 mcg 417%	Rutin	15 mg *
Biotin	300 mcg 100%	Hesperidin	10 mg *
Vitamin B-5 (as Calcium Pantothenate)	30 mg 300%	PABA (para-Aminobenzoic Acid)	5 mg *
Calcium (as Amino Acid Chelate)	30 mg 3%	Food Enzyme Complex	37 mg *
Iron (as Glycinate)	2 mg 11%	Protease (1,188 HUT*), Amylase (93 DU*), Lipase (1 FIP*), Cellulase (1 CU*)	
Iodine (from Kelp)	100 mcg 67%	Bromelain	12,000 PU *
Magnesium (as Glycinate, Ascorbate)	30 mg 8%	Apple Pectin	20 mg *
Zinc (as Citrate, Monomethionine)	5 mg 33%	Superfood Energy Complex	155 mg *
Selenium (as Selenomethionine)	25 mcg 36%	(equivalent to 605 mg of food and herbal powder) Organic Spirulina, Chlorella, Eleuthero [root] 4:1 Extract, Stinging Nettle [tops] 4:1 Extract, Ginkgo [leaf] 50:1 Extract	
Copper (as Glycinate)	500 mcg 25%		

*Daily Value (DV) not established.

Other Ingredients (natural mineral and/or vegetable source): cellulose, stearic acid, modified cellulose, silica. Coating: vegetable food glaze (dextrin, dextrose, soy lecithin, carboxy methyl cellulose, sodium citrate).

Consult your health care professional prior to use if you are pregnant, nursing, taking medication or have a medical condition.

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