

Store in a cool, dry place after opening.

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CODE 3846T VT1



Multi-Food 1™

One Tablet Daily

Complete Multi Vitamin
With Fruits, Vegetables
& Super Nutrients

90 Tablets

A Dietary Supplement Vegetarian/Vegan

Non-GMO

Suggested Usage: Take 1 tablet daily with a meal.

U.S. Patent 7,838,042 and patents pending, and the trademark TRAACS® are used under license from Albion Laboratories, Inc.; FloraGLO® is a registered trademark of Kemlin Industries, Inc.; Aquamin® is a registered trademark of Marigot Limited.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Do Not Eat Freshness Packet. Keep in Bottle.

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (66% as Beta-Carotene and 34% as Retinyl Palmitate)	3,750 IU	75%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D-2 (as Ergocalciferol)	1,000 IU	250%
Vitamin E (as d-alpha Tocopheryl Succinate)	30 IU	100%
Vitamin K (as Phytanadione K-1 and Menaquinone-4 K-2)	80 mcg	100%
Thiamin (Vitamin B-1) (Thiamin HCl)	25 mg	1667%
Riboflavin (Vitamin B-2)	25 mg	1471%
Niacin (Vitamin B-3) (as Niacinamide)	25 mg	125%
Vitamin B-6 (from Pyridoxine HCl)	25 mg	1250%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	120 mcg	2000%
Biotin	300 mcg	100%
Pantothenic Acid (from Calcium Pantothenate)	25 mg	250%
Calcium (from Aquamin® Seaweed Derived Minerals)	80 mg	8%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Oxide and Aquamin® Seaweed Derived Minerals)	40 mg	10%
Zinc (from Zinc Bisglycinate) (TRAACS®)	15 mg	100%
Selenium (from L-Selenomethionine)	70 mcg	100%

Copper (from Copper Bisglycinate) (TRAACS®)	1 mg	50%
Manganese (from Manganese Bisglycinate) (TRAACS®)	2 mg	100%
Chromium (from Chromium Picolinate)	200 mcg	167%
Molybdenum (from Sodium Molybdate)	75 mg	100%
Potassium (from Potassium Chloride)	5 mg	< 1%

Organic Fruit and Vegetable Blend:	200 mg	†
Organic Cauliflower, Organic Spinach, Organic Carrot, Organic Beet, Organic Tomato, Organic Blueberry, Organic Cranberry, Organic Cherry, Organic Raspberry, Organic Strawberry		

Super Nutrient Blend of:	90 mg	†
Green Tea Extract (<i>Camellia sinensis</i>) (Leaf), Grape Seed Extract (<i>Vitis vinifera</i>), Organic Aloe Vera (<i>Aloe barbadensis</i>) (Leaf), Alpha Lipoic Acid, Turmeric Root Extract (<i>Curcuma longa</i>), Japanese Knotweed Extract (<i>Polygonum cuspidatum</i>) (Root/Rhizome) (With Natural Trans-Resveratrol), CoQ10 (Coenzyme Q10), Lutein (from Marigold Flowers Extract) (FloraGLO®), Lycopene (from Natural Tomato Extract)		

† Daily Value not established.

Other ingredients: Cellulose, Stearic Acid (vegetable source), Silica, Croscarmellose Sodium and Vegetarian Coating.

Vitamin E from non-GMO soy.

NOW FOODS, 395 S. Glen Ellyn Rd.
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Not manufactured with wheat, gluten, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Please Recycle.

