



30 Vegan Tablets

Whole Food Dietary Supplement

**B-COMPLEX**

ONCE DAILY

**mykind**
ORGANICS

CERTIFIED ORGANIC WHOLE FOOD

Suggested Use: Adults take 1 tablet daily with food. Not intended for children.

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 30

	Amount Per Serving	% Daily Value
Thiamin (Vitamin B1 from Organic Food Blend)	5 mg	330%
Riboflavin (Vitamin B2 from Organic Food Blend)	10 mg	590%
Niacin (from Organic Food Blend)	20 mg	100%
Vitamin B6 (from Organic Food Blend)	10 mg	500%
Folate (from Organic Food Blend)	400 mcg	100%
Vitamin B12* (as Methylcobalamin)	133 mcg	2220%
Biotin (from Organic Food Blend)	300 mcg	100%
Pantothenic Acid (from Organic Food Blend)	10 mg	100%

Certified Organic Food Blend

Organic Guava (fruit & leaf), Organic Holy Basil (leaf), Organic Sesbania grandiflora (leaf), Organic Lemon (fruit & peel), Organic Apple (fruit), Organic Broccoli (stalk & flower), Organic Pea (seed), Organic Pomegranate (fruit), Organic Sweet Potato (tuber), Organic Kale (leaf), Organic Beet (root), Organic Carrot (root), Organic Spinach (leaf), Organic Tomato (fruit), Organic Green Bell Pepper (fruit), Organic Brussels Sprout (leaf), Organic Ginger (root), Organic Garlic (bulb), Organic Green Onion (bulb), Organic Parsley (leaf), Organic Cauliflower (flower & stem), Organic Strawberry (fruit), Organic Tart Cherry (fruit), Organic Red Cabbage (leaf), Organic Blackberry (fruit), Organic Cucumber (gourd), Organic Celery (stalk), Organic Asparagus (flower & stem), Organic Blueberry (fruit), Organic Raspberry (fruit)

+ Daily Value not established.

Other Ingredients: Clean Tablet Technology™ Blend (patent pending):

Organic Tapioca Dextrose, Organic Gum Arabic, Organic Brown Rice (Concentrate & Extract), Organic Potato Starch, Organic Coating (Organic Tapioca Maltodextrin, Organic Sunflower Lecithin, Organic Palm Oil, Organic Guar Gum).

*To learn more about the **RAW Food-Created Nutrients™** used exclusively by Garden of Life go to www.gardenoflife.com.

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.

Keep out of reach of children.

Store in a cool, dry place.

Do not use if safety seal

is broken or missing.

Contains no artificial colors

or preservatives.



We Buy
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GLASS RECYCLES

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