

Realfood Organics® Women's Daily Nutrition®

Realfood Organics® Daily Nutrition is made from 40 non-GMO USDA organic fruits, vegetables, greens, grains, sprouts, legumes and other organic foods. Our label contains many foods with which you are familiar (and hopefully love!) From vegetables such as spinach and broccoli, to fruits such as acai, blueberries, and strawberries, as well as greens including chard, spirulina and kale. Our product also contains nutrients from lentil beans, quinoa, and aloe vera. Imagine the boxes of 40 farm-stand goodies you would need to bring home, and the food menu possibilities!

Realfood Organics® is the only USDA certified organic multivitamin line made from fermented whole foods with 2-4 servings of fruits and vegetables*. In just 2 easy-to-swallow tablets, you get the ORAC equivalent of 2 servings of fruits and vegetables*.

So how do we pack so much in 2 soft tablets? Nutrients can be delicate and require careful handling to retain them. After years of research, we discovered that by combining fresh, raw whole food ingredients with probiotic cultures and then fermenting and freeze-drying this mix, we were able to deliver you a product we felt good about calling **Realfood Organics®**. This process allows us to give you a whole food based supplement as close to its natural state as possible.

The fermentation process is also, why, upon opening the bottle, it may smell like just pickled produce. Fermentation is nature's way of preserving foods.

All of our **Realfood Organics® Daily Nutrition** products offer more than just a vitamin and mineral complex. It also includes nutrients to support your everyday health:**

- Energy metabolism through our rich B-vitamin profile**
- Immune health with the inclusion of vitamin C, D and E**
- Healthier hair, skin, and nails**
- 100% inner fillet Organic Aloe Vera

12133NM

Also consider
Realfood Organics®
Probiotic Daily Powder™,
Digestive and Immune
Support
Probiotic PLUS Food Blends

To decide which **Realfood Organics® Daily Nutrition** product is right for you, choose from:

- Women's Daily Nutrition® with organic cranberry powder
- Men's Daily Nutrition® with organic pumpkin seed powder
- Ultimate Daily Nutrition®. This product contains our greatest organic food blend at more than 1,700 mg.
- Your 1 Daily Nutrition™. A once-a-day multivitamin solution.

Δ Based on ORAC equivalents per serving. Developed using DRAC (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.

At Country Life, integrity is our #1 ingredient. Every product is rigorously tested to ensure it measures up against Country Life's 5 Integrity Standards 1) authenticity of ingredients; 2) cleanliness of ingredients; 3) freshness of ingredients; 4) consistency of the formula; and 5) accuracy of labeling. Go to CountryLifeVitamins.com to learn more.

CAUTION: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

Product No. 9104. Do not accept if seal is broken. Store between 59°-86° F. Keep out of the reach of children. See box for Lot No. and Best By Date information. The tablets are packaged in an amber glass bottle to protect them from heat and light. ACTiValue® and Qmatix® are registered trademarks of Aloeacorp, Inc.

ACTiValue two registered trademarks

This product has been manufactured at a GMP Registered facility.

** 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.

- | | |
|---|---------------------------------|
| YES CERTIFIED GLUTEN-FREE BY GFCO, DOD | NO WHEAT OR MILK |
| YES PRESERVATIVES | NO PRESERVATIVES |
| YES RECYCLABLE PACKAGING | NO ARTIFICIAL COLORS |
| YES MANUFACTURING SUPPORTS | NO FLAVORS OR SWEETENERS |
| WIND POWER | NO MAGNESIUM STEARATE |
| | NO GMOs |

Realfood organics®

Here at Realfood Organics®, we love farm stands and supporting our local farmers and food artisans. It's the beauty of the freshly picked vegetables, the seasonal fruits, and the friendly smiles that keep us going back. It is this inspiration that led us to craft Realfood Organics®, a line of tailored multivitamins and aloe vera made from real foods. We source only USDA organic ingredients to share with you, what we would feel good about feeding to ourselves and to our families. Good supplementation begins with real fruits, vegetables, greens and grains.



Realfood organics®

WOMEN'S DAILY NUTRITION®

Real Food from Real Farms™

Certified Gluten-Free
Non-GMO



- ▶ Fermented whole food multivitamin
- ▶ From whole raw fruits and vegetables
- ▶ 8 Whole food vitamins and minerals



2 SERVINGS
FRUITS &
VEGETABLES*
(Based on ORAC)
equivalents per serving

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

Our PLEDGE of INTEGRITY — AUTHENTICITY • QUALITY • TRANSPARENCY • ACCURACY

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 providers.

Supplement Facts

Serving Size 2 tablets		
Servings Per Container 30		
Amount Per Serving		% Daily Value
Vitamin A (from organic food blend)	2,500 I.U.	50%
Vitamin C (from organic acerola extract, organic amla, organic food blend)	60 mg	100%
Vitamin D (D3 as cholecalciferol)	400 I.U.	100%
Vitamin E (as d-alpha tocopheryl succinate)	50 I.U.	167%
Thiamin (Vitamin B1) (from organic food blend)	1.8 mg	120%
Riboflavin (Vitamin B2) (from organic food blend)	2.1 mg	124%
Niacin (from organic food blend)	20.4 mg	102%
Vitamin B6 (from organic food blend)	2.10 mg	105%
Folic Acid (from organic food blend)	420 mcg	105%
Vitamin B12 (as cyanocobalamin)	6 mcg	100%
Biotin (as d-Biotin)	300 mcg	100%
Pantothenic Acid (from organic food blend)	10.8 mg	108%
Calcium (from organic food blend)	3.38 mg	<1%
Phosphorus (from organic food blend)	1.65 mg	<1%
Magnesium (from organic food blend)	1.05 mg	<1%
Zinc (from organic food blend)	0.01 mg	<1%
Selenium (from organic food blend)	0.06 mcg	<1%
Chromium (from organic food blend)	0.22 mcg	<1%
Potassium (from organic food blend)	7.3 mg	<1%
Organic Food Blend	1,335 mg (1.335 g)	*

* Organic Special Blend: (organic guava extract (fruit), organic mango extract (fruit), organic lemon extract (peel), (Organic Fermented Whole Foods Blend (organic kale, organic napa cabbage, organic red radish sprout, organic broccoli sprout, organic dandelion sprout, organic cranberry, organic collard greens, organic spinach, organic acai, organic blackberry, organic raspberry, organic blueberry, organic tart cherry, organic pomegranate, organic strawberry, organic acai bean, organic beet, organic broccoli, organic ginger, organic red lentil bean, organic quinoa sprout powder, organic pea, organic banana, organic mango, organic chlorella, organic spirulina, organic millet sprout), organic annatto extract (seed), organic chlorella.

Organic Aloe Vera (ACTiValue® (inner fillet))
Organic Cranberry Powder (from organic cranberry (fruit))
Fermented Organic Greens with Organic Sprout Blend (organic kale, organic collard greens, organic broccoli, organic cabbage sprout, organic sunflower leaf, organic spinach, organic kale sprout, organic mustard seed sprout, organic chlorella, organic spirulina, organic watercress sprout).

*Daily Value not established

Other Ingredients: Organic gum acacia, organic maltodextrin, organic coating (organic tapioca maltodextrin, organic sunflower lecithin, organic palm oil, organic guar gum), organic soy fiber, and silica. Contains soy.

©2014 Country Life Vitamins
Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway
Hawthorne, NY 11788 (USA)
CountryLifeVitamins.com

Certified Organic by Quality Assurance International

7 01601 76551 0



RECYCLED
Packaging made from
recycled material
FSC® C101987