

Realfood Organics® Men's Daily Nutrition®

Realfood Organics® Daily Nutrition® is made from 40 non-GMO USDA organic fruits, vegetables, greens, sprouts, legumes and other organic foods. Our label contains many foods that you are familiar with (and hopefully love!) From vegetables such as spinach and broccoli, to fruits such as acai, blueberry, and strawberry, as well as greens including chlorella, 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.

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 supplement as close to its natural state as possible.

The fermentation process is also why, upon opening the bottle, it may smell like just picked produce. Fermentation is nature's way of preserving foods that helps to retain the highest nutrient values.

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 fiber Organic Aloe Vera

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Also consider
Realfood Organics®
Probiotic Daily Powder™:
• Digestive support
• Probiotic support
• Food and gut health
• Reduce plaque
• Organic multi

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.

Based on ORAC equivalents per serving. Developed using ORAC (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. 9103. Do not accept if seal is broken.

Store in a dry place 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.

ACTiVale® and Omatrix® are registered trademarks of Alkermec, Inc.

ACTiVale **Smatrix**

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 ORGANIC BY DAI

YES CERTIFIED GLUTEN-FREE BY GFCO, ORG

YES CERTIFIED VEGETARIAN BY THE VIVA

YES RECYCLABLE PACKAGING

YES MANUFACTURING SUPPORTS

WIND POWER

NO WHEAT OR MILK

NO PRESERVATIVES

NO ARTIFICIAL COLORS

NO FLAVORS OR SWEETENERS

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 ourselves and to our families. Good supplementation begins with real fruits, vegetables, greens, sprouts and legumes.



Realfood organics®

MEN'S DAILY NUTRITION®

Real Food from Real Farms®

Certified Gluten-Free
Non-GMO



- Fermented for nutrient preservation
- Whole food multivitamin
- From whole raw fruits and vegetables



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

Dietary Supplement | 120 Easy-to-Swallow Tablets

Our PLEDGE of INTEGRITY
WITNESS: CONSISTENCY, 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 60		
Amount Per Serving		% Daily Value
Vitamin A (from organic food blend)	2,500 IU	50%
Vitamin C (from organic acerola extract, organic acai)	60 mg	100%
Vitamin D (D3 from cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	50 IU	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)	2.1 mg	100%
Folate (from organic food blend)	400 mcg	100%
Biotin (as d-Biotin)	6 mcg	100%
Paraethoxybenzoic Acid (from organic food blend)	300 mcg	100%
Calcium (from organic food blend)	10.8 mg	100%
Phosphorus (from organic food blend)	3.38 mg	<1%
Magnesium (from organic food blend)	1.65 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)	1.3 mg	<1%

Organic Food Blend 1,345 mg (1,345 g)

providing:

Organic Specialty Blend (Organic guava extract (fruit), organic mango extract (fruit), organic lemon extract (peel), Organic Fermented Whole Food Blend (organic kale (leaf), organic red radish sprout (seed), organic broccoli sprout (seed), organic cilantro radish sprout (seed), organic cranberry (fruit), organic pumpkin (fruit), organic collard greens (leaf), organic spinach (leaf), organic acai (fruit), organic raspberry (fruit), organic blackberry (fruit), organic blueberry (fruit), organic strawberry (fruit), organic adzuki bean (seed), organic beet (root), organic broccoli (stem & flower), organic ginger (root), organic red lentil bean (seed), organic quinoa sprout powder (seed), organic tart cherry (fruit), organic pomegranate (fruit), organic pea (seed), organic banana (fruit), organic mango (fruit), organic chlorella (bloom), organic spirulina (bloom), organic millet sprout (seed), organic amaranth extract (seed), organic chlorella (whole plant & bloom).

Organic Aloe Vera (ACTiVale™ Vinner Milled) (leaf)

Organic Pumpkin Seed Powder

Fermented Organic Greens with Organic Sprout Blend (organic kale (leaf), organic collard greens (leaf), organic broccoli (stem & flower), organic collard sprout (seed), organic mustard seed sprout (seed), organic chlorella (bloom), organic spirulina (bloom), organic red radish sprout (seed), organic amaranth extract (seed), organic quinoa sprout (seed).

*Daily Value not established.

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

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Certified Organic by Quality Assurance International

