



MEN'S ONCE DAILY

WHOLE FOOD MULTIVITAMIN



mykind
ORGANICS

CERTIFIED ORGANIC WHOLE FOOD

30 Vegan Tablets

Whole Food Dietary Supplement

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
Vitamin A (as Beta Carotene from Organic Food Blend)	5,000 IU	100%
Vitamin C (from Organic Food Blend)	60 mg	100%
Vitamin D (D3 from Lichen)	1,000 IU	250%
Vitamin E (from Organic Food Blend)	30 IU	100%
Vitamin K (K Complex with K2 MK-7)	80 mcg	100%
Thiamin (Vitamin B1 from Organic Food Blend)	2 mg	130%
Riboflavin (Vitamin B2 from Organic Food Blend)	2 mg	120%
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 (Methylcobalamin from Saccharomyces cerevisiae)	18 mcg	300%
Biotin (from Organic Food Blend)	300 mcg	100%
Pantothenic Acid (from Organic Food Blend)	10 mg	100%
Calcium (from Organic Food Blend)	5 mg	2%
Magnesium (from Organic Food Blend)	2 mg	2%
Zinc (from Organic Food Blend)	5 mg	35%
Selenium (from Organic Food Blend)	70 mcg	100%
Manganese (from Organic Food Blend)	1 mg	50%
Chromium (from Organic Food Blend)	120 mcg	100%

Certified Organic Food Blend +
Organic *Sesbania grandiflora* (leaf), Organic Apple (fruit), Organic Guava (fruit & leaf), Organic Amla Berry (fruit), Organic Holy Basil (leaf), Organic Annatto (fruit & seed), Organic Moringa (leaf), Organic Lemon (peel), Organic Beet (root), Organic Broccoli (stalk & flower), Organic Carrot (root), Organic Spinach (leaf), Organic Tomato (fruit), Organic Strawberry (fruit), Organic *Lantana camara* (aerial), Organic *Wrightia tinctoria* (aerial), Organic Cherry (fruit), Organic Blackberry (fruit), Organic Green Bell Pepper (fruit), Organic Brussels Sprout (leaf), Organic Ginger (root), Organic Blueberry (fruit), Organic Garlic (bulb), Organic Green Onion (bulb), Organic Raspberry (fruit), Organic Parsley (leaf), Organic Cauliflower (flower & stem), Organic Red Cabbage (leaf), Organic Kale (leaf), Organic Cucumber (gourd), Organic Celery (stalk), Organic Asparagus (flower & stem)

+ 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).

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.



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GLASS RECYCLES

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