



# EcoGreen Multi

With Green Superfoods

Iron-Free

90 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



**Suggested Usage:** Take 2 capsules daily with food.

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

**Do Not Eat Freshness Packet.**  
Keep in Bottle.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Please Recycle.

CAPSULE SIZE



CODE 3787Z v9

## Vitamins

Family owned since 1968.

### Supplement Facts

Serving Size 2 Veg Capsules Servings Per Container 45

|                                                         | Amount Per Serving | % Daily Value |
|---------------------------------------------------------|--------------------|---------------|
| Vitamin A (100% as Beta-Carotene)                       | 12,500 IU          | 250%          |
| Vitamin C (from Calcium Ascorbate)                      | 250 mg             | 415%          |
| Vitamin D (as Ergocalciferol)                           | 100 IU             | 25%           |
| Vitamin E (from d-alpha Tocopheryl Succinate)           | 100 IU             | 333%          |
| Thiamin (Vitamin B-1) (from 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)                        | 100 mcg            | 1667%         |
| Biotin                                                  | 50 mcg             | 17%           |
| Pantothenic Acid (from Calcium Pantothenate)            | 25 mg              | 250%          |
| Calcium (from Calcium Ascorbate, Carbonate and Citrate) | 50 mg              | 5%            |
| Iodine (from Kelp)                                      | 75 mcg             | 50%           |
| Magnesium (from Mag. Oxide and Citrate)                 | 50 mg              | 13%           |
| Zinc (from Zinc Picolinate)                             | 7.5 mg             | 50%           |
| Selenium (from L-Selenomethionine)                      | 25 mcg             | 36%           |
| Copper (from Copper Bisglycinate) (TRAACS®)             | 0.25 mg            | 13%           |
| Manganese (from Manganese Bisglycinate) (TRAACS®)       | 2.5 mg             | 125%          |
| Chromium (from Chromium Picolinate)                     | 50 mcg             | 42%           |
| Molybdenum (from Sodium Molybdate)                      | 25 mcg             | 33%           |
| Potassium (from Potassium Chloride)                     | 12.5 mg            | < 1%          |

|                                                       |           |
|-------------------------------------------------------|-----------|
| Organic Spirulina                                     | 125 mg †  |
| Organic Chlorella (Broken Cell Wall)                  | 50 mg †   |
| Alfalfa Juice Concentrate                             | 50 mg †   |
| Green Tea Extract (Leaf)                              | 25 mg †   |
| Choline (from Choline Bitartrate)                     | 25 mg †   |
| Inositol                                              | 25 mg †   |
| PABA (Para-Aminobenzoic Acid)                         | 15 mg †   |
| Panax Ginseng (Root)                                  | 50 mg †   |
| Citrus Bioflavonoid Complex                           | 25 mg †   |
| Rutin Powder ( <i>Sophora japonica</i> ) (Flower Bud) | 12.5 mg † |
| Bromelain (2400 GDU/g) (from Pineapple)               | 20 mg †   |
| Papain (2000 USP/mg) (from Papaya)                    | 12.5 mg † |
| Protease Blend (2000 SAP/g & 200 LAP/g)               | 12.5 mg † |
| Lipase (80,000 LU/g)                                  | 12.5 mg † |
| Amylase (5000 SKB/g)                                  | 5 mg †    |

† Daily Value not established.

Other ingredients: Cellulose (capsule), Magnesium Stearate (vegetable source), Silica, Cellulose Powder and Stearic Acid (vegetable source).

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, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

U.S. Patent 7,838,042 and patents pending, and the trademark TRAACS® are used under license from Albion Laboratories, Inc.

