

Store in a cool, dry place after opening.

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CODE 3846B V2

Suggested Usage: Take 1 tablet daily with a meal.
U.S. Patent 7,838,042 and patents pending, and the trademark TRAACS® are used under license from Albion Laboratories, Inc.; FloraGLO® is a registered trademark of Kemira Industries, Inc.; Aquamin® is a registered trademark of Marigot Limited.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Natural color variation may occur in this product. Do not eat freshness packet. Keep in bottle.



Multi-Food 1™

One Tablet Daily

Complete Multi Vitamin
With Fruits, Vegetables
& Super Nutrients

90 Tablets

A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (100% as Beta-Carotene)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D-2 (as Ergocalciferol)	1,000 IU	250%
Vitamin E (as d-alpha Tocopheryl Succinate)	30 IU	100%
Vitamin K (as Phytonadione K-1 and Menaquinone-4 K-2)	80 mcg	100%
Thiamin (Vitamin B-1) (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)	120 mcg	2000%
Biotin	300 mcg	100%
Pantothenic Acid (from Calcium Pantothenate)	25 mg	250%
Calcium (from Aquamin® Seaweed Derived Minerals)	80 mg	8%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Oxide and Aquamin® Seaweed Derived Minerals)	40 mg	10%
Zinc (from Zinc Bisglycinate) (TRAACS®)	15 mg	100%
Selenium (from L-Selenomethionine)	70 mcg	100%

Copper (from Copper Bisglycinate) (TRAACS®)	1 mg	50%
Manganese (from Manganese Bisglycinate) (TRAACS®)	2 mg	100%
Chromium (from Chromium Picolinate)	200 mcg	167%
Molybdenum (from Sodium Molybdate)	75 mcg	100%
Potassium (from Potassium Chloride)	5 mg	< 1%
Organic Fruit and Vegetable Blend:	200 mg	†
Organic Cauliflower, Organic Spinach, Organic Carrot, Organic Beet, Organic Tomato, Organic Blueberry, Organic Cranberry, Organic Cherry, Organic Raspberry, Organic Strawberry		
Super Nutrient Blend of:	90 mg	†
Green Tea Extract (<i>Camellia sinensis</i>) (Leaf), Grape Seed Extract (<i>Vitis vinifera</i>), Organic Aloe Vera (<i>Aloe barbadensis</i>) (Leaf), Alpha Lipoic Acid, Turmeric Root Extract (<i>Curcuma longa</i>), Japanese Knotweed Extract (<i>Polygonum cuspidatum</i>) (Root/Rhizome) (With Natural Trans-Resveratrol), CoQ10 (Coenzyme Q10), Lutein (from Marigold Flowers Extract) (FloraGLO®), Lycopene (from Natural Tomato Extract)		

† Daily Value not established.

Other ingredients: Cellulose, Stearic Acid (vegetable source), Silica, Croscarmellose Sodium and Vegetarian Coating.

Vitamin E from non-GMO soy.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Not manufactured with wheat, gluten, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Please Recycle.

