

Directions: Take 2 capsules, one time daily, with a meal.

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 45

Amount Per Serving		%DV
Vitamin A (100% as Beta-Carotene)	5000 IU	100%
Vitamin C (as Ascorbic Acid)	100 mg	170%
Vitamin B6 (as Pyridoxine Hydrochloride)	5 mg	250%
Folic Acid	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	100 mcg	1670%
Vitamin E (as d-alpha Tocopheryl Succinate)	30 IU	100%

Organic Fruit Blend 374 mg
Organic Fruit Powder (Apple, Banana, Acai, Orange Peel, Noni, Lemon Peel, Concord Grape, Peach, Cranberry, Raspberry, Pomegranate, Pineapple, Cherry, Mango, Beet Juice, Strawberry, Elderberry, Black Currant, Blackberry, Plum, Prune, Blueberry, Goji, Papaya).

Organic Vegetable Blend 374 mg
Organic Vegetable Powder (Parsley, Beet Root, Carrot, Garlic, Onion, Spinach, Tomato, Celery Seed, Bell Pepper Red, Bell Pepper Green, Collard Green, Wheat Grass, Barley Grass, Kale, Brussels Sprouts, Spirulina, Oat Bran, Broccoli, Pumpkin Fruit, Sweet Potato, Cabbage, Horseradish, Kelp).

*Daily Value (DV) not established.

Other Ingredients: Organic Rice Powder, Hypromellose, Organic Rice Concentrate, Rice Flour, Dibasic Calcium Phosphate, Magnesium Stearate, Modified Food Starch, Lecithin, Silicon Dioxide, Tocopherol, Maltodextrin, Xanthan Gum, Citric Acid.

Contains: Soy

NO: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Yeast, Artificial Colors or Flavors, Added Sugar or Preservatives

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

Manufactured by NATROL LLC, Chatsworth, CA 91311, USA
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*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Fruit & Veggie Superfood

Provides a full spectrum of food colors and is an excellent source of antioxidants Vitamin A (Beta-Carotene), Vitamin C and Vitamin E plus other nutrients.

Blue-Purple Foods

Acai, Blackberry, Black Currant, Blueberry, Elderberry, Plum, Prune & Grape



Yellow-Orange Foods

Banana, Carrot, Lemon Peel, Mango, Noni, Onion, Orange Peel, Papaya, Peach, Pineapple, Pumpkin & Sweet Potato



Red Foods

Apple, Beet, Cherry, Cranberry, Goji Berry, Pomegranate, Raspberry, Red Bell Pepper, Strawberry & Tomato



Green Foods

Broccoli, Brussels Sprouts, Cabbage, Celery, Collard Green, Green Bell Pepper, Kale, Kelp, Parsley, Spinach, Spirulina & Wheat Grass



NATROL®

DAILY

Fruit & Veggie

ULTIMATE SUPERFOOD

Promotes Full Body Health & Wellness†

46 Organic Fruits & Vegetables



90 VEGGIE CAPSULES DIETARY SUPPLEMENT

DAILY

Fruit & Veggie

Discover a simpler way to give your family the fruits and vegetables they need for a healthy lifestyle. Each serving contains the nutritional profile equivalent to the following servings of fruits and vegetables*:

Nutritional Equivalencies

Beta-Carotene	1/2 Cup Carrots + 1 Cup Mango
Vitamin C	1/2 Cup Oranges + 1/2 Cup Strawberries + 1 1/2 Apples
Vitamin B6	9 1/2 Cups Broccoli + 8 Bell Peppers + 8 Tomatoes
Vitamin E	8 Cups Spinach + 2 1/2 Cups Sweet Potatoes + 5 Cups Mangos + 5 Cups Papayas
Folic Acid	4 Cups Brussels Sprouts + 4 Cups Spinach + 6 Cups Oat Bran + 4 Oranges

*USDA National Nutrient Database for Standard Reference, Release 20. Equivalent based on standard medium, uncooked servings.

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