Directions: Adults take three (3) tablets daily. Do not exceed recommended dose. 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 3 tablets
Servings Per Container 30

Amount Per Serving		% Daily Value
Vitamin A (from organic food blend as beta carotene)	3100 I.U.	39%
Vitamin C (from organic acerola extract, organic amla, organic food blend)	60 mg	100%
Vitamin D (D_3)(as cholecalciferol)	440 I.U.	110%
Vitamin E (as d-alpha tocopheryl succinate)	65 I.U.	217%
Thiamin (Vitamin B1)(from organic food blend)	1.8 mg	106%
Riboflavin (Vitamin B2)(from organic food blend)	2 mg	100%
Niacin (from organic food blend)	21 mg	105%
Vitamin B6 (from organic food blend)	2.5 mg	100%
Folate (from organic food blend)	800 mcg	100%
Vitamin B12 (as cyanocobalamin)	8 mcg	100%
Biotin (as d-Biotin)	330 mcg	110%
Pantothenic Acid (from organic food blend)	10.2 mg	102%
Calcium (from organic food blend)	27 mg	2%
Iron (from organic food blend)	18 mg	100%
Phosphorus (from organic food blend)	2 mg	<1%
Iodine (from organic kelp)	150 mcg	100%
Magnesium (from organic food blend)	5 mg	1%
Potassium (from organic food blend)	32 mg	1%
Organic Food Blend **providing:**	1,213 mg (1.213 g)	*
Organic Specialty Blend: (Organic guava extract (fruit), organic mango extract (fruit), organic lemon extract (peel), organic annatto extract (seed), organic ginger powder (*zingiber officinale*) (root), organic ginger extract (*zingiber officinale*) (root), organic chlorella (whole cell), organic curry leaf extract (*murraya koenigii* (leaf), organic lemon extract (*citrus limon* (peel)), (Organic Fermented Whole Foods Blend (organic kale (leaf), organic red radish sprout (seed), organic broccoli sprout (seed), organic daikon radish sprout (seed), organic cranberry (fruit), organic pumpkin (fruit), organic collard greens (leaf), organic spinach (leaf), organic açai (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)).		

*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 guar gum), and silica. Contains soy. May contain trace quantities of Crustacean shellfish (species unknown) and fish (species unknown).

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Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Certified Organic by Quality Assurance International

Lot No:

Best by:

01F7NM

0 15794 09115 8

Realfood Organics® Prenatal Daily Nutrition® is the first certified organic Prenatal primarily made from real fruits and vegetables! This formula includes valuable vitamins and minerals per serving needed in a prenatal diet:

- 800 mcg of naturally derived whole food folate (folic acid) per serving
- 18 mg of naturally derived whole food iron per serving
- 3100 I.U. naturally derived whole food beta carotene
- 60 mg Vitamin C derived from acerola cherries, amla fruit, and organic food blend
- Excellent source of many beneficial B Vitamins**
- And now with 150 mcg of iodine drived from kelp

And as this product is made from real food, each tablet is gentle on the stomach.

Δ 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.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a Poison Control Center immediately.

YES CERTIFIED ORGANIC BY QAI
YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES CERTIFIED VEGETARIAN BY THE AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER
NO WHEAT OR MILK OR PRESERVATIVES
NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
NO MAGNESIUM STEARATE
NO GMOs

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.**

Realfood organics®

PRENATAL DAILY NUTRITION®

Real Food from Real Farms®

Certified Gluten-Free
Non-GMO

USDA ORGANIC

- 800 mcg of whole food folic acid
- 18 mg of whole food iron
- Gentle on the stomach

Dietary Supplement | 90 Easy-to-Swallow Tablets | Our PLEDGE of INTEGRITY — AUTHENTICITY • CLEANLINESS • FRESHNESS CONSISTENCY • ACCURACY

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® Prenatal 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[Δ] in just 3 easy-to-swallow tablets.

So how do we pack so much in 3 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 fillet Organic Aloe Vera

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01F7NM

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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.

Color variation or speckling is natural for this product.
Product No. **9115. 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 packed in an amber glass bottle to protect them from heat and light.

YES CERTIFIED ORGANIC BY QAI
YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES CERTIFIED VEGETARIAN BY THE AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER
NO WHEAT OR MILK
NO PRESERVATIVES
NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
NO MAGNESIUM STEARATE
NO GMOs

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Also consider
Realfood Organics® Probiotic Daily Powder™:

- Digestive support**
- Probiotic PLUS Fermented Food Blends
- Includes Prebiotic organic inulin

RECYCLED
Packaging made from recycled material
FSC® C005506
www.fsc.org

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