



mykind
ORGANICS

CERTIFIED ORGANIC WHOLE FOOD



PRENATAL MULTI

WHOLE FOOD MULTIVITAMIN

90 Vegan Tablets

Whole Food Dietary Supplement

Suggested Use: Adults take 3 tablets daily with food.
Not intended for children.

Supplement Facts

Serving Size 3 Tablets
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	200%
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	100%
Riboflavin (Vitamin B2 from Organic Food Blend)	2 mg	100%
Niacin (from Organic Food Blend)	20 mg	100%
Vitamin B6 (from Organic Food Blend)	10 mg	500%
Folate (from Organic Food Blend)	800 mcg	200%
Vitamin B12 (as Methylcobalamin)	30 mcg	500%
Biotin (from Organic Food Blend)	300 mcg	100%
Pantothenic Acid (from Organic Food Blend)	10 mg	100%
Calcium (from Organic Food Blend)	15 mg	2%
Iron (from Organic Food Blend)	18 mg	100%
Iodine (from Organic Food Blend)	150 mcg	100%
Magnesium (from Organic Food Blend)	6 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	1.1 g	*
Organic Curry Murraya koenigii (leaf), Organic Sestania grandiflora (leaf), Organic Guava (fruit & leaf), Organic Amla Berry (fruit), Organic Sea Kelp, Organic Lemon (peel), Organic Annatto (fruit & seed), Organic Holy Basil (leaf), Organic Moringa (leaf), Organic Apple (fruit), Organic Beet (root), Organic Broccoli (stalk & flower), Organic Carrot (root), Organic Spinach (leaf), Organic Tomato (fruit), Organic Strawberry (fruit), 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 (ground), Organic Celery (stalk), Organic Asparagus (flower & stem)		
Certified Organic Blomach Soothing Blend	100 mg	*
Organic Lemon (fruit), Organic Tomato (fruit), Organic Ginger (root), Organic Peppermint (leaf)		

* Daily Value not established.

Other Ingredients: Clean Tablet Technology™ Blend

(patent pending): Organic Deshires, 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).

*To learn more about the **RAW Food-Created Nutrients™** used exclusively by Garden of Life, go to www.gardenoflife.com.

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.

Warnings: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep out of reach of children. In case of accidental overdose, call a physician or poison control center immediately.



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