



Over 30 **Organic**
FAMILY FARMED foods

CERTIFIED ORGANIC

Farmed without the use of toxic pesticides and fertilizers

NON-GMO VERIFIED

Independent, third party verification

VEGAN CERTIFIED

Third party certified by Vegan Action

GLUTEN FREE CERTIFIED

Third party certified by the Gluten-Free Certification Organization (GFCO)



Whole Food Multi that's
certified organic, Non-GMO verified,
from *real, nutritious foods*

PRENATAL

Whole Food Multivitamin formulated specifically for Women during Pre-Conception, Pregnancy and Lactation

HEALTHY MOM, HEALTHY BABY

Promotes healthy **fetal development, energy** and comfortable **digestion**†

REAL FOOD FORMULA

Made from over 30 powdered organic fruits, vegetables and herbs



CERTIFIED ORGANIC WHOLE FOOD



PRENATAL MULTI

WHOLE FOOD MULTIVITAMIN

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

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 60

	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	250%
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	130%
Riboflavin (Vitamin B2 from Organic Food Blend)	2 mg	120%
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 <i>Murraya koenigii</i> (leaf), Organic <i>Sesbania grandiflora</i> (leaf), Organic Guava (fruit & leaf), Organic Amla Berry (fruit), Organic Sea Kelp, Organic Lemon (peel), Organic Anatto (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 Rasperry (fruit), Organic Parsley (leaf), Organic Cauliflower (flower & stem), Organic Red Cabbage (leaf), Organic Kale (leaf), Organic Cucumber (gourd), Organic Celery (stalk), Organic Asparagus (flower & stem)		
Certified Organic Stomach 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 Tapioca Dextrose, 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.

Warning: 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.

Distributed by Garden of Life LLC
4200 Northcop Parkway, Palm Beach Gardens, FL 33410 USA
Certified Organic by OCS www.gardenoflife.com
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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.



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† 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.

180 Vegan Tablets

Whole Food Dietary Supplement

