



30 Vegan Tablets

Whole Food Dietary Supplement



## B-COMPLEX

ONCE DAILY



mykind  
ORGANICS

CERTIFIED ORGANIC WHOLE FOOD

**Suggested Use:** Adults take 1 tablet daily with food. Not intended for children.

\*To learn more about the **RAW Food-Created Nutrients™** used exclusively by Garden of Life, go to [www.gardenoflife.com](http://www.gardenoflife.com).

## Supplement Facts

Serving Size 1 Tablet  
Servings Per Container 30

	Amount Per Serving	% Daily Value
Thiamin (Vitamin B1 from Organic Food Blend)	5 mg	330%
Riboflavin (Vitamin B2 from Organic Food Blend)	10 mg	590%
Niacin (from Organic Food Blend)	20 mg	100%
Vitamin B6 (from Organic Food Blend)	10 mg	500%
Folate (from Organic Food Blend)	400 mcg	100%
Vitamin B12* (as Methylcobalamin)	133 mcg	2220%
Biotin (from Organic Food Blend)	300 mcg	100%
Pantothenic Acid (from Organic Food Blend)	10 mg	100%

### Certified Organic Food Blend

739 mg

+

Organic Guava (fruit & leaf), Organic Holy Basil (leaf), Organic *Sesbania grandiflora* (leaf), Organic Lemon (fruit & peel), Organic Apple (fruit), Organic Broccoli (stalk & flower), Organic Pea (seed), Organic Pomegranate (fruit), Organic Sweet Potato (tuber), Organic Kale (leaf), Organic Beet (root), Organic Carrot (root), Organic Spinach (leaf), Organic Tomato (fruit), Organic Green Bell Pepper (fruit), Organic Brussels Sprout (leaf), Organic Ginger (root), Organic Garlic (bulb), Organic Green Onion (bulb), Organic Parsley (leaf), Organic Cauliflower (flower & stem), Organic Strawberry (fruit), Organic Tart Cherry (fruit), Organic Red Cabbage (leaf), Organic Blackberry (fruit), Organic Cucumber (gourd), Organic Celery (stalk), Organic Asparagus (flower & stem), Organic Blueberry (fruit), Organic Raspberry (fruit)

+ 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).

**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.



We Buy  
100% Certified  
Renewable  
Energy



GLASS RECYCLES

**Distributed by  
Garden of Life LLC**

4200 Northcorp Parkway  
Palm Beach Gardens, FL 33410 USA

Certified Organic by QCS

Made in the U.S.A. from foods  
grown in the U.S.A. and  
other countries.

[www.gardenoflife.com](http://www.gardenoflife.com)

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