



WOMEN'S ONCE DAILY

WHOLE FOOD MULTIVITAMIN

30 Vegan Tablets

Whole Food Dietary Supplement



mykind
ORGANICS

CERTIFIED ORGANIC WHOLE FOOD



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

Supplement Facts

	Amount Per Serving	% Daily Value
Serving Size 1 Tablet Servings Per Container 30		
Vitamin A (as Beta Carotene from Organic Food Blend)	5,250 IU	110%
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)	420 mcg	110%
Vitamin B12 (Methylcobalamin from Saccharomyces cerevisiae)	12 mcg	200%
Biotin (from Organic Food Blend)	315 mcg	110%
Pantothenic Acid (from Organic Food Blend)	10 mg	100%
Calcium (from Organic Food Blend)	5 mg	2%
Iron (from Organic Food Blend)	2 mg	40%
Magnesium (from Organic Food Blend)	2 mg	2%
Zinc (from Organic Food Blend)	5 mg	35%
Selenium (from Organic Food Blend)	74 mcg	110%
Manganese (from Organic Food Blend)	1.5 mg	80%
Chromium (from Organic Food Blend)	127 mcg	110%
Certified Organic Food Blend	684 mg	+
Organic <i>Sesbania grandiflora</i> (leaf), Organic Guava (fruit & leaf), Organic Curry Mureya koenigi (leaf), Organic Apple (fruit), Organic Amla Berry (fruit), Organic Holy Basil (leaf), Organic Annatto (fruit & seed), Organic Moringa (leaf), Organic Lemon (peel), Organic Beet (root), Organic Broccoli (stalk & flower), Organic Lentils (vegetable), Organic <i>Wrightia tinctoria</i> (aerial), 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 (gourd), Organic Celery (stalk), Organic Asparagus (flower & stem)		

+ 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 Malto-dextrin, Organic Sunflower Lecithin, Organic Palm Oil,
Organic Guar Gum).

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.

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.



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Energy



GLASS RECYCLES

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