

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

Nutrition Information

Serving Size: 1 Tablet

Servings Per Container: 30

NUTRIENT	PER SERVING	% RI PER SERVING
Certified Organic Food Blend - of which:	650 mg	+
Vitamin A (as Beta Carotene)	3150 µg	394%
Vitamin C	60 mg	75%
Vitamin E	20 mg	168%
Vitamin B1	2 mg	182%
Vitamin B2	2 mg	143%
Niacin	20 mg	125%
Vitamin B6	10 mg	714%
Folate	420 µg	210%
Biotin	315 µg	630%
Pantothenic Acid	10 mg	167%
Iron	2 mg	14%
Zinc	5 mg	50%
Selenium	74 µg	135%
Manganese	1.5 mg	75%
Chromium	127 µg	318%
Lichen Extract - of which:	13 mg	+
Vitamin D (as D3)	25 µg	500%
Natto Extract & <i>Saccharomyces cerevisiae</i> of which:	9 mg	+
Vitamin K (K Complex with K2 as MK-7)	80 µg	107%
<i>Saccharomyces cerevisiae</i> - of which:	3 mg	+
Vitamin B12 (as Methylcobalamin)	12 µg	480%

+Reference Intake (RI) not established.

Ingredients: [Certified Organic Food Blend] (Organic *Sesbania grandiflora* (leaf), Organic Guava (fruit & leaf), Organic Curry *Murraya koenigii* (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 *Lantana camara* (aerial), Organic *Wrightia tinctoria* (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)), [Clean Tablet Technology™ Blend] (patent pending): (Organic Dextrose, Stabiliser: Organic Gum Arabic, Organic Brown Rice (Concentrate & Extract), Organic Potato Starch, Organic Coating (Organic Tapioca Maltodextrin, Organic Sunflower Lecithin, Organic Palm Oil, Stabiliser: Organic Guar Gum).

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.

Keep out of reach of children.

Store in a cool, dry place.

Best before end:

See end of label.

Do not exceed recommended intake.

Do not use if safety seal is broken or missing.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

Contains no artificial colours or preservatives.



We Buy
100% Certified
Renewable
Energy



GLASS RECYCLES



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

Garden of Life LLC
4200 Northcorp Parkway
Palm Beach Gardens, FL
33410 USA
www.gardenoflife.com
©2017 Garden of Life LLC

Distributed in UK by
Kinetic Ent. LTD
London NW6 4BT

Certified Organic by QCS
www.kinetic4health.co.uk

UKMKOWOD30L-061317

