Suggested Use: Adults take 2 tablets daily. Gentle organic formula may be taken with or without food. Not intended for children.

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 60

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene from Organic Annatto)	6,650 IU	130%
Vitamin C (from Organic Amla Berry)	80 mg	130%
Vitamin D (D3 from Lichen)	1,000 IU	250%
Vitamin E (from Organic Annatto)	40 IU	130%
Vitamin K (K Complex with K2 MK-7 from Natto)	80 mcg	100%
Thiamin (Vitamin B1 from Organic Guava)	2 mg	130%
Riboflavin (Vitamin B2 from Organic Guava)	2 mg	120%
Niacin (from Organic Holy Basil)	27 mg	140%
Vitamin B6 (from Organic Holy Basil)	13 mg	650%
Folate (from Organic Lemon)	532 mcg	130%
Vitamin B12 (Methylcobalamin from *Saccharomyces cerevisiae*)	30 mcg	500%
Biotin (from Organic *Sesbania grandiflora*)	400 mcg	130%
Pantothenic Acid (from Organic Holy Basil)	13 mg	130%
Calcium (from Organic *Wrightia tinctoria*)	7 mg	2%
Iodine (from Organic Kelp)	150 mcg	100%
Magnesium (from Organic *Lantana camara*)	3 mg	2%
Zinc (from Organic Guava)	7 mg	50%
Selenium (from Organic Guava)	93 mcg	130%
Manganese (from Organic Guava)	1 mg	50%
Chromium (from Organic Moringa)	160 mcg	130%
Certified Organic Men's Food Blend	**1 g**	+

Organic *Sesbania grandiflora* (leaf), Organic Apple (fruit), Organic Guava (fruit & leaf), Organic Amla Berry (fruit), Organic Sea Kelp, Organic Holy Basil (leaf), Organic Annatto (fruit & seed), Organic Moringa (leaf), Organic Lemon (peel), 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 *Lantana camara* (aerial), Organic *Wrightia tinctoria* (aerial), 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 Maltodextrin, Organic Sunflower Lecithin, Organic Palm Oil, Organic Guar Gum).

DOES NOT CONTAIN: Magnesium stearate (vegetable lubricant), Stearic acid, Titanium dioxide, Carnauba wax, Talc, Artificial Flavorings, Sweeteners Coatings Preservatives and Corn derived ingredients

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Men's Multi

You've got a lot to do each day. That's why we created a formula with the extra "punch" you need. This organic food-derived nutrition is packed into just two organic tablets per day.†