

Women's Multi

Perfect support for your demanding daily life, this gentle power-packed formula provides all the nutrients you need in only two organic tablets per day.†

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 30

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene from Organic Annatto)	6,250 IU	130%
Vitamin C (from Organic Amla Berry)	75 mg	130%
Vitamin D (D3 from Lichen)	1,000 IU	250%
Vitamin E (from Organic Annatto)	38 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)	25 mg	130%
Vitamin B6 (from Organic Holy Basil)	13 mg	650%
Folate (from Organic Lemon)	500 mcg	130%
Vitamin B12 (Methylcobalamin from *Saccharomyces cerevisiae*)	30 mcg	500%
Biotin (from Organic *Sesbania grandiflora*)	375 mcg	130%
Pantothenic Acid (from Organic Holy Basil)	13 mg	130%
Calcium (from Organic *Wrightia tinctoria*)	7 mg	2%
Iron (from Organic *Murraya koenigii*)	10 mg	60%
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)	90 mcg	130%
Manganese (from Organic Guava)	1.5 mg	80%
Chromium (from Organic Moringa)	150 mcg	130%
Certified Organic Women's Food Blend	**1 g**	+

Organic *Sesbania grandiflora* (leaf), Organic Curry *Murraya koenigii* (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 *Lantana camara* (aerial), Organic *Wrightia tinctoria* (aerial), 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 Maltodextrin, Organic Sunflower Lecithin, Organic Palm Oil, Organic Guar Gum).