

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: | 1257 mg | + |
| Vitamin A (as Beta Carotene) | 3000 µg | 375% |
| Vitamin C | 60 mg | 75% |
| Vitamin E | 20 mg | 168% |
| Vitamin B1 | 1.5 mg | 136% |
| Vitamin B2 | 1.7 mg | 121% |
| Niacin | 20 mg | 125% |
| Vitamin B6 | 10 mg | 714% |
| Folate | 600 µg | 300% |
| Biotin | 300 µg | 600% |
| Pantothenic Acid | 10 mg | 167% |
| Iron | 18 mg | 129% |
| Iodine | 150 µg | 100% |
| Zinc | 5 mg | 50% |
| Selenium | 70 µg | 127% |
| Manganese | 1 mg | 50% |
| Chromium | 120 µg | 300% |
| Vitamin B12* (as Methylcobalamin) | 6 µg | 240% |
| Vitamin K* | 80 µg | 107% |
| Lichen Extract - of which: | 8 mg | + |
| Vitamin D (as D3) | 15 µg | 300% |

*Vitamin B12 and Vitamin K from *Saccharomyces cerevisiae*.

+Reference Intake (RI) not established.

Ingredients: [Certified Organic Food Blend] (Organic Curry *Murraya koenigii* (leaf), Organic *Sesbania grandiflora* (leaf), Organic Guava (fruit & leaf), Organic Amla Berry (fruit), Organic Sea Kelp, Organic Holy Basil (leaf), Organic Annatto (fruit), Organic Lemon (peel), Organic Moringa (leaf), Organic Apple (fruit), Organic Beet (root), Organic Broccoli (stalk & flower), Organic Carrot (root), Organic Spinach (leaf), Organic Tomato (fruit), Organic Strawberry (fruit), Organic Tart 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 Rice (Concentrate & Extract), Organic Potato Starch, Organic Coating (Organic Tapioca Maltodextrin, Organic Sunflower Lecithin, Organic Palm Oil, Stabiliser: Organic Guar Gum), Lichen Extract.

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.

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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