

**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:	786 mg	+
Vitamin B1	5 mg	455%
Vitamin B2	10 mg	714%
Niacin	20 mg	125%
Pantothenic Acid	10 mg	167%
Vitamin B6	10 mg	714%
Folate	400 µg	200%
Biotin	300 µg	600%
Vitamin B12* (as Methylcobalamin)	133 µg	5320%

\*Vitamin B12 from *Saccharomyces cerevisiae*.

+Reference Intake (RI) not established.

**Ingredients:** [Certified Organic Food Blend] (Organic Guava (fruit & leaf), Organic Holy Basil (leaf), Organic *Sesbania grandiflora* (leaf), Organic Lemon (fruit & peel), Organic Apple (fruit), Organic Broccoli (stalk & flower), Organic Pea (seed), Organic Pomegranate (fruit), Organic Sweet Potato (tuber), Organic Kale (leaf), Organic Beet (root), Organic Carrot (root), Organic Spinach (leaf), Organic Tomato (fruit), Organic Green Bell Pepper (fruit), Organic Brussels Sprout (leaf), Organic Ginger (root), Organic Garlic (bulb), Organic Green Onion (bulb), Organic Parsley (leaf), Organic Cauliflower (flower & stem), Organic Strawberry (fruit), Organic Tart Cherry (fruit), Organic Red Cabbage (leaf), Organic Blackberry (fruit), Organic Cucumber (gourd), Organic Celery (stalk), Organic Asparagus (flower & stem), Organic Blueberry (fruit), Organic Raspberry (fruit)), [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).

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.

Made in 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](http://www.gardenoflife.com)

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