

Suggested Use: Adults take 2 tablets daily with food. Not intended for children.

Nutrition Information

Serving Size: 2 Tablets
Servings Per Container: 30

| Nutrient | PER SERVING | % RI PER SERVING |
|---|-------------|------------------|
| Certified Organic Food Blend - of which: | 1098 mg | + |
| Vitamin A (as Beta Carotene) | 3750 µg | 469% |
| Vitamin C | 75 mg | 94% |
| Vitamin E | 25 mg | 212% |
| Vitamin B1 | 2 mg | 182% |
| Vitamin B2 | 2 mg | 143% |
| Niacin | 25 mg | 156% |
| Vitamin B6 | 13 mg | 929% |
| Folate | 500 µg | 250% |
| Biotin | 375 µg | 750% |
| Pantothenic Acid | 13 mg | 217% |
| Iodine | 150 µg | 100% |
| Zinc | 7 mg | 70% |
| Selenium | 90 µg | 164% |
| Manganese | 1.5 mg | 75% |
| Chromium | 150 µg | 375% |
| 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: | 13 mg | + |
| Vitamin B12 (as Methylcobalamin) | 60 µg | 2400% |
| Lichen Extract - of which: | 13 mg | + |
| Vitamin D (as D3) | 25 µg | 500% |

+Reference Intake (RI) not established.

Ingredients: [Certified Organic Food Blend] (Organic *Sesbania grandiflora* (leaf), Organic Apple (fruit), Organic Guava (fruit & leaf), Organic Amla Berry (fruit), Organic Sea Kelp, Organic Pomegranate (fruit), Organic Pumpkin (gourd & seed), Organic Turmeric standardized for curcuminoids (rhizome), Organic Tomato standardized for lycopene (fruit), 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 *Lantana camara* (aerial), Organic *Wrightia tinctoria* (aerial), 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).

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.



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