



**Suggested Use:** Shake well. Take one spray daily. Can also be mixed with your favourite beverage. Not intended for children. Refrigerate after opening and consume within 60 days.

## Nutrition Information

Serving Size: 1 Spray (Approximately 0.46 mL)

Servings Per Container: Approximately 125

NUTRIENT	PER SERVING	% RI PER SERVING
Lichen Extract - of which:	1.3 mg	+
Vitamin D (D3 as cholecalciferol)	25 µg	500%
Organic Omega Blend - of which:	407 mg	+
Organic Pumpkin Seed Oil*	402 mg	+
Organic Cranberry Seed Oil* - of which:	5 mg	+
Omega-3 fatty acids	4 mg	+
Omega-6 fatty acids	200 mg	+
Omega-7 fatty acids	1.38 mg	+
Omega-9 fatty acids	140 mg	+

+ Reference Intake (RI) not established.

\* Omega fatty acids from organic pumpkin seed oil and organic cranberry seed oil.

Keep out of reach of children.  
Store in a cool, dry place.  
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, flavours, sweeteners or preservatives.  
Do not spray in eyes.



We Buy  
100% Certified  
Renewable  
Energy



Recyclable  
Bottle

Made in Canada 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)

©2017 Garden of Life LLC

Distributed in UK by Kinetic Ent. LTD  
London NW6 4BT



Certified Organic by QCS  
[www.kinetic4health.co.uk](http://www.kinetic4health.co.uk)

UKMKOVD3L-051917

**Ingredients:** Organic Pumpkin Seed Oil, Organic Vanilla Flavour, Organic Cranberry Seed Oil, Stabiliser: Non-GMO Natural Vitamin E (from Sunflower Oil), Organic Sunflower Lecithin, Lichen Extract, Organic Rosemary Extract, Sweetener: Organic Steviol Glycosides.