

PLANT



VITAMINS™

RAW WHOLE FOOD MULTI

MADE WITH ORGANIC VEGETABLES, FRUITS AND HERBS

Certified Organic by
Oregon Tilth - Certified
Organic (OTCO)



GUARANTEED
RAW, ORGANIC
INGREDIENTS!

MADE UNDER
STRICT
GMP
GUIDELINES

- **Power-Packed
Raw Green
Superfoods**
- **Raw Herbal
Fruit Blends**
- **Raw Antioxidant
Superfruit Concentrates**

**90 Caplets
A Dietary Supplement
Vegetarian Formula**

Supplement Facts

Serving Size 3 Caplets

Servings Per Container 30

Amount Per Serving		% Daily Value
Calories	10	
Total Carbohydrate	2g	1%*
Dietary Fiber	1g	3%*
Vitamin A (as Beta-Carotene)	5000 IU	100%
Vitamin C (as Ascorbic Acid)	100 mg	167%
Vitamin D (as Cholecalciferol)	800 IU	200%
Vitamin E (as d-alpha Tocopherol/Acetate)	30 IU	100%
Thiamin (as Thiamin Mononitrate)	25 mg	1,667%
Riboflavin (as Vitamin B-2)	25 mg	1,471%
Niacin	25 mg	125%
Vitamin B-6 (Pyridoxine Hydrochloride)	25 mg	1,250%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1,667%
Biotin	300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate)	30 mg	300%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	24 mg	2%

Other Ingredients: Organic Acacia Gum, Organic Barley Grass, Organic Maltodextrin, Organic Soy Fiber, Silice Vegetable Cellulose. Contains wheat and soy ingredients. Color may vary due to natural ingredients.

Iron (as Ferrous Fumarate)	15 mg	83%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	10mg	3%
Zinc (as Zinc Oxide)	5 mg	33%
Selenium (as Sodium Selenate)	25 mg	36%
Copper (as Cupric Oxide)	0.5 mg	25%
Manganese (as Manganese Sulfate)	4 mg	200%
Chromium (as Chromium Chloride)	200 mcg	167%
Molybdenum (as Sodium Molybdate)	51 mcg	68%
Chloride (as Potassium Chloride)	0.4 mg	1%
Potassium (as Potassium Chloride)	0.5 mg	1%
Sodium	10 mg	1%

Enzyme Blend (Bromelain (from Pineapple), Papain (Papaya Enzyme))	50 mg	**
Probiotic Blend (Bifidus Bifidum, L. acidophilus, L. bulgaricus)	25 mg	**
Organic Omega Blend (Organic Sunflower Oil, Organic Flaxseed Oil, Organic Safflower Oil, Organic Borage Oil)	120 mg	**
Organic Green Blend (Organic Sunflower Oil, Organic Flaxseed Oil, Organic Safflower Oil, Organic Borage Oil)	1,000 mg	**

(Organic Oat Bran (Avena sativa) (seed), Organic Spirulina (Arthrospira platensis) (plant), Organic Wheat Grass (Triticum aestivum) (leaf), Organic Barley Grass (Hordeum vulgare) (leaf), Organic Chlorella (Chlorella pyrenoidosa) (whole plant))

Organic Herbal Blend 89 mg
(Organic Garlic (Allium sativum) (bulb), Organic Chamomile (Chamomilla recutita) (flower), Organic Ginger (Zingiber officinale) (root), Organic Milk Thistle (Silybum marianum) (seed), Organic Cayenne Pepper (Capsicum annuum) (fruit), Organic Panax Ginseng (Panax ginseng) (root), Organic Turmeric (Curcuma longa) (root), Organic Ginkgo Biloba (Ginkgo biloba) (leaf))

Organic Vegetable Blend 250 mg
(Organic Carrot, Organic Celery Seed, Organic Parsley, Organic Beet, Organic Broccoli, Organic Cabbage, Organic Onion, Organic Spinach, Organic Asparagus, Organic Kale)

Organic Fruit Blend 250 mg
(Organic Apple, Organic Goji Extract (Lycium barbarum) (fruit), Organic Strawberry, Organic Acai (Euterpe oleracea) (fruit), Organic Cranberry (Vaccinium macrocarpon) (fruit), Organic Bilberry (Vaccinium myrtillus) (fruit), Organic Pomegranate (Punica granatum) (fruit))

Organic Mushroom Blend 50 mg
(Organic Shiitake, Organic Maitake, Organic Reishi)

*Percent Daily Values are based on a 2,000 calorie diet. **Daily Value not established.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or planning any medical procedure, consult your doctor before use. Avoid this product if you are allergic to ragweed or daisy-like flowers. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

WARNING: Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under six. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or Poison Control Center immediately.