

Suggested Use: For adults, take three (3) tablets daily, preferably with a meal.

Caution: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to sunflowers, 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.

DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.

No Artificial Color or Flavor, No Preservatives, No Sugar, No milk, No Lactose, No Gluten, No Wheat, No Fish.

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

[†]These statements have not been evaluated by the FDA. This product is not intended to diagnose, cure, treat or prevent any disease.

Manufactured for:

Manufactured for Zone

Store unopened container at room temperature. Refrigerate after opening.

Whole Foods Multi-Vitamin

90 Tablets
Dietary Supplement

Supplement Facts

Serving Size: 3 Tablets Servings Per Container: 30

	Amount Per Serving	% DV
Vitamin A (Beta-Carotene)	1,500mcg	167%
Vitamin C (Ascorbic Acid)	120mg	133%
Vitamin D (Ergocalciferol)	51mcg	255%
Vitamin E (as d-Alpha Tocopheryl Acetate)	20mg	133%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	25mg	2,083%
Riboflavin (Vitamin B-2)	25mg	1,923%
Niacin (as Niacinamide)	25mg	156%
Vitamin B-6 (as Pyridoxine HCl)	25mg	1,471%
Folic Acid	400mcg	100%
Vitamin B-12 (Cyanocobalamin)	500mcg	20,833%
Biotin (as d-Biotin)	1,000mcg	3,333%
Pantothenic Acid (as d-Calcium Pantothenate)	30mg	600%
Calcium (as Calcium Carbonate)	120mg	9%
Iron (Ferrous Sulfate)	18mg	100%
Iodine (from Kelp)	150mcg	100%
Magnesium (as Magnesium Oxide)	60mg	14%
Zinc (as Zinc Oxide)	15mg	136%
Selenium (L-Selenomethionine)	25mcg	45%
Copper (as Cupric Gluconate)	.5mg	56%
Manganese (as Manganese Gluconate)	2mg	87%
Chromium (as Chromium Picolinate)	100mcg	286%
Molybdenum (as Sodium Molybdate)	51mcg	113%
Sodium	10mg	<1%
Potassium (as Potassium Chloride)	50mg	<1%
Choline (as Choline Bitartrate)	10mg	*
Inositol	10mg	*
Boron (Amino Acid Chelate)	1mg	*
RNA (Ribonucleic Acid)	1mg	*
Lutein	10mcg	*

	Amount Per Serving	% DV
Citrus Bio Complex (Citrus Bioflavonoids Complex (Citrus spp.)(peel), Hesperidin Complex (Citrus spp.) (Peel), Rutin, Quercetin)	50 mg	*
Digestive Enzyme Blend (Betaine Hydrochloride, Bromelain (from Pineapple), Papain (Papaya Enzyme), Amylase, Lipase, Cellulase, Protease)	50 mg	*
Probiotic Blend (B. bifidum, L. bulgaricus, L. acidophilus)	25 mg	*
Omega Blend (Flaxseed, Sunflower Oil)	100 mg	*
Green and Whole Food Blend (Spirulina (Spirulina platensis), Chlorella (Chlorella vulgaris) (plant), Oat Extract (Avena sativa)(aerial), Apple Pectin (fruit), Barley Grass (Hordeum vulgare) (aerial), Sodium Copper Chlorophyllin)	520 mg	*
Herb Blend (Echinacea (Echinacea purpurea) (aerial), Ginger (Zingiber officinale) (root), Milk Thistle (Silybum marianum) (seed), Cayenne (Capsicum annuum)(fruit), Ginseng Extract (Panax ginseng) (root), Ginkgo Biloba Extract (Ginkgo biloba) (leaf), Goldenseal (Hydrastis canadensis) (root))	100 mg	*
Vegetable Blend (Parsley Powder, Garlic (Allium sativum) (bulb), Beet Root Powder, Carrot Powder, Asparagus Powder, and Extracts of Broccoli, Cabbage, Brussels Sprouts, Cauliflower, and Kale)	100 mg	*
Fruit Blend (Papaya Fruit Powder, Grapefruit Extract, Apple Powder (Malus pumila) (fruit), Peach (fruit), Strawberry (Fragaria virginiana) (fruit), Acai (Euterpe oleracea) (fruit), Cranberry (Vaccinium macrocarpon) (fruit), Blueberry (Vaccinium corymbosum) (fruit), Bilberry Extract (Vaccinium myrtillus) (fruit) Pomegranate Extract (Punica granatum) (seed and peel), Pineapple (Ananas comosus) (fruit), Orange (Citrus sinensis) (fruit), Noni Powder (Morinda citrifolia) (fruit))	100 mg	*
Mushroom Blend (Shiitake (Lentinus edodes) (aerial), Maitake (Grifola frondosa) (aerial), Reishi (Ganoderma Lucidum) (aerial))	50 mg	*
* (%DV) Daily Value not established.		
Percent Daily Values are based on a 2000 Calorie Diet.		
Other Ingredients: Vegetable Cellulose, Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid.		