

# Women's One Daily

Whole Food Multi



Recommended by  
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## DESCRIPTION

Vitamins, minerals and other essential nutrients derived from food sources are believed to be better absorbed and more bioavailable than nutrients from non-food sources. The benefit of a whole food based multi, is that it results in a wide variety of essential cofactors that may help enhance nutrient digestion, absorption and bioavailability.

Our Women's One Daily Whole Food Multi is certified USDA organic, non-GMO and certified vegan. Made from powdered organic fruits, vegetables and herbs, our Women's One Daily Whole Food Multi has the full spectrum of vitamins and minerals, including efficacious potencies of B vitamins for healthy hair, skin and nails. It also provides a healthy dose of vitamin B12 in methylcobalamin and whole food complex form — a highly absorbable, active, natural form of B12.

This organic multivitamin and mineral supplement also delivers VegD3<sup>®</sup> vitamin D (from organic whole food complex and organic algae) for immune support and iron for blood support. Women's One Daily Whole Food Multi is formulated for the targeted needs of women, providing perfect support for today's demanding lifestyle in just one organic daily tablet.

## FEATURES

- Whole food, non-GMO, simple and clean excipients
- 500 mg Organic Whole Food Complex, containing organic sesbania leaf extract, organic guava (fruit and leaf) extract, organic amla extract, organic annatto (seed and fruit) extract, organic holy basil leaf extract, organic lemon fruit peel extract and organic moringa leaf extract.
- USDA organic and certified vegan
- High-potency B vitamins
- 25 mcg (1,000 IU) VegD3<sup>®</sup> as vitamin D3 from organic algae

## FUNCTIONS

- Nutritional support for energy, immune and bone health<sup>†</sup>
- Ideal for vegans, vegetarians, people seeking an organic and whole food dietary supplement or anyone wishing to be more plant-based
- Formulated for the unique nutritional needs of women<sup>†</sup>
- B vitamins to support energy and nervous system health<sup>†</sup>

- Vegan source of D3 to promote bone and immune health<sup>†</sup>
- Biotin, vitamins A, C & E to promote healthy skin, nails and hair<sup>†</sup>

## INDICATIONS

Women's One Daily Whole Food Multi may be a good resource for women looking to fill nutritional gaps with a well-rounded organic and vegan multivitamin supplement with the added benefits of whole foods and designed specifically for women.

## FORMULA (WW #10447)

### 1 Vegan Tablet Contains:

Vitamin A <sup>^</sup> (as beta carotene).....	1,500 mcg
Vitamin C <sup>^</sup> .....	90 mg
Vitamin D3 (from organic algae).....	25 mcg
Vitamin E <sup>^</sup> .....	20 mg
Vitamin K (as phytonadione).....	120 mcg
Thiamin <sup>^</sup> .....	2 mg
Riboflavin <sup>^</sup> .....	2.4 mg
Niacin <sup>^</sup> .....	23 mg
Vitamin B6.....	11.5 mg
Folate <sup>^</sup> .....	400 mcg DFE
Vitamin B12 (as methylcobalamin) .....	5 mcg
Biotin <sup>^</sup> .....	300 mcg
Pantothenic acid <sup>^</sup> .....	11 mg
Iron <sup>^</sup> (from amino acid chelate).....	2.5 mg
Zinc <sup>^</sup> .....	5 mg
Selenium <sup>^</sup> .....	89 mcg
Copper <sup>^</sup> .....	2 mg
Manganese <sup>^</sup> .....	1 mg
Chromium <sup>^</sup> .....	130 mcg
Organic whole food complex blend.....	500 mg
Organic sesbania leaf extract, organic guava fruit and leaf extract, organic amla extract, organic annatto seed and fruit extract, organic holy basil leaf extract, organic lemon fruit peel extract, organic moringa leaf extract.	

<sup>^</sup> From organic whole food complex blend

Other Ingredients: Organic inulin, organic pea starch, organic coating (tapioca maltodextrin, sunflower lecithin, palm oil, guar gum), organic medium chain triglycerides, silica.

Contains NO sugar, salt, dairy, wheat, yeast, gluten, eggs, peanuts, soy, fish, shellfish, sesame, preservatives, artificial colors or flavors.

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## **SUGGESTED USE**

As a dietary supplement, adults take 1 tablet daily, or as directed by a healthcare professional.

## **CAUTION**

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6.

## **STORAGE**

Store in a cool, dry place, away from direct light and out of reach of children.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured For:

**Good Life Pharmacy**

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