

The Whole-Food Men's Multi GOLD™ Advantage

- ✓ **No Synthetics:** Whole-food + cultured multivitamin and multimineral supplement with absolutely NO synthetic vitamin isolates
- ✓ **Organic Whole-food + Cultured:** Synergistically formulated with organic whole-food nutrients concentrated from fruits, vegetables, and herbs, and ActivFood™ nutrients complexed in a nutritional yeast matrix
- ✓ **Body-ready Ingredients:** Enhanced bioavailability and superior absorption
- ✓ **Gentle on the Stomach:** Can be taken with or without food
- ✓ **No Unpleasant Aftertaste:** Nourish your body without any of the metallic aftertaste associated with consuming synthetic vitamin supplements
- ✓ **Complete Nutrition:** Each serving delivers 100% or more of the daily values of 18 essential vitamins and minerals for complete head-to-toe protection
- ✓ **Optimal Health:** Supports energy production, heart health, cognitive function, immunity, healthy aging, and overall well-being*
- ✓ **Purity and Potency:** Verified by independent, third-party labs
- ✓ **Perfection:** Manufactured to stringent cGMP standards without the use of additives, fillers, binders, artificial ingredients, preservatives, Stearates, Laurates, Sulfates, and Dioxides

Suggested Use: As a dietary supplement, adults take three (3) vegetarian capsules daily with or without food, or as directed by a healthcare professional.

Caution: Please consult your healthcare provider before taking this product if you are currently taking any OTC or prescription medications for a health condition. Store in a cool, dry place. Keep out of the reach of children.

The organic vitamins and minerals in this product are certified organic by Oregon Tilth.

Distributed By:

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WHOLE-FOOD MEN'S MULTI GOLD™

Multivitamin + Multimineral Supplement

0% Synthetic Isolates

100% Whole-Food + Cultured Vitamins and Minerals



90

Vegetarian
Capsules

Supplement Facts

Serving Size: 3 Vegetarian Capsules

Servings Per Container: 30

	Amount Per Serving	%DV*
Vitamin A (100% Natural from Red Palm Oil)	5,000 IU	100%
Vitamin C (100% Organic)	60 mg	100%
Vitamin D3 (100% ActivFood™)	1,000 IU	250%
Vitamin E (100% Organic [†] as d-alpha Tocopherol)	24 IU	80%
Vitamin K2 (100% ActivFood™ as MK-7)	80 mcg	100%
Vitamin B1 (100% Organic [†] as Thiamin)	6 mg	400%
Vitamin B2 (100% Organic [†] as Riboflavin)	6 mg	353%
Niacin (24% Organic [†] , 76% ActivFood™)	36 mg	180%
Vitamin B6 (100% Organic [†] as Pyridoxine)	12 mg	600%
Vitamin B9 (100% Organic [†] as Folate)	400 mcg	100%
Vitamin B12 (100% ActivFood™)	100 mcg	1,667%
Biotin (8% Organic [†] , 92% ActivFood™)	300 mcg	100%
Vitamin B5 (100% Organic [†] as Pantothenic Acid)	15 mg	150%
Iodine (100% ActivFood™)	150 mcg	100%
Magnesium (100% ActivFood™)	80 mg	20%
Zinc (12% Organic [†] , 88% ActivFood™)	15 mg	100%
Selenium (25% Organic [†] , 75% ActivFood™)	70 mcg	100%
Copper (38% Organic [†] , 62% ActivFood™)	1 mg	50%
Manganese (25% Organic [†] , 75% ActivFood™)	2 mg	100%
Chromium (100% ActivFood™ as GTF)	120 mcg	100%
Molybdenum (100% ActivFood™)	75 mcg	100%
Choline (100% ActivFood™)	15 mg	↑
PABA (100% ActivFood™)	10 mg	↑
Inositol (100% ActivFood™)	15 mg	↑
Vanadium (100% ActivFood™)	25 mcg	↑

Amount Per Serving	
‡ Organic Whole-Food Blend	330 mg [†]
Organic Annatto Extract (aerial parts),	
Organic Sesbania Extract (leaf & aerial parts),	
Organic Guava Extract (fruit), Organic Holy	
Basil Extract (leaf & aerial parts), Organic	
Lemon Extract (fruit peel), and Organic Amla	
Extract (fruit).	

‡ Whole-Food nutrients concentrated from 100% certified organic fruits, herbs, and vegetables using a patent-pending process.

~ActivFood™ nutrients cultured in a proprietary matrix comprised of nutritional yeast, probiotics, bioactive enzymes, glycoproteins, lipoproteins, Chlorophyll, Glucosaminan, SOD, Glutathione, B-Glucans, Lipic Acid, essential trace minerals, and CoQ10 for superior bioavailability.

*Percent Daily Values based on 2,000 calorie diet
†Daily Values not established

Other Ingredients: Vegetarian Capsule (Non-GMO Plant Cellulose).

FREE OF egg, gluten, milk, peanut, shellfish, and soy allergens.

Does NOT contain additives, fillers, binders, artificial ingredients, preservatives, Stearates, Laurates, Sulfates, or Dioxides.

Profile of Other Naturally-Occurring Nutrients:
Organic Mixed Carotenoids[†] 250 IU
Organic Bioflavonoids[†] 8 mg

*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.

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