

Suggested Use: Adults take 1 tablet daily with a beverage.
May be taken any time of day, even on an empty stomach.

Supplement Facts

Serving size 1 tablet Servings per container 30

Amount per serving	% DV
Vitamin C (as ascorbic acid) 15 mg	17%
Folate (as folic acid) 680 mcg DFE (408 mcg folic acid)	170%
Vitamin B12 (as cyanocobalamin) 30 mcg	1250%
Iron (as fermented iron bisglycinate) 26 mg	144%
Organic beetroot 125 mg	**
* Food Blend 36 mg	**
Organic brown rice, organic orange, organic broccoli	

** % Daily Value (DV) not established

Other Ingredients: Ferment media (rice protein, autolyzed yeast extract, organic brown rice, yeast [inactive]), stearic acid, rice protein, silicon dioxide, autolyzed yeast extract, hypromellose.



Certified

