

Finished Product

Vegan Women's Basic Daily Multi-Vitamin

Your everyday foundation, made to keep up with you. Women's Basic Daily Multivitamin is built on a simple idea, that a multivitamin should actually get where it's going. Every mineral in this formula, from iron to zinc to magnesium, is delivered in a chelated, highly absorbable form, so your body can actually use it instead of just processing it out. The B vitamins are in their active, body-ready forms, including methylated folate and methylcobalamin B12, which matters because a lot of women don't convert the cheaper synthetic versions efficiently. Add in full-spectrum antioxidant and immune support from vitamins A, C, D, E, and K2, and you've got one clean, plant-based formula covering the fundamentals of everyday wellness. And because this formula is designed as a true foundation, **it's also the starting point for our targeted Prenatal and Postnatal support add-ons**, whenever you're ready for them.

Key Highlights

- Your everyday foundation, built for real absorption, and complete coverage across nearly every essential vitamin and mineral
- Active and methylated B vitamins including B12 and folate for real absorption
- Fully chelated minerals for gentle effective uptake
- Vitamin D3 paired with K2 for modern, synergistic support, and
- Clean, plant-based ingredients with no unnecessary fillers.

Supplement Facts

Serving size 2 Capsules

Servings per container 30

	Amount per Serving	% DV*
Vitamin A (as beta carotene)	1300 mcg RAE	100%
Vitamin C (as ascorbic acid)	120 mg	100%
Vitamin D (as cholecalciferol)	50 mcg (2000 IU)	333%
Vitamin E (as d-alpha-tocopherol)	20 mg (30 IU)	105%
Vitamin K (as menaquinone K2-MK7)	90 mcg	100%
Thiamin (as thiamin mononitrate)	1.4 mg	100%
Riboflavin (as riboflavin sodium phosphate)	1.6 mg	100%
Niacin (as niacinamide)	18 mg	100%
Vitamin B6 (as pyridoxal-5-phosphate)	2 mg	100%
Folate (as L-5-methyltetrahydrofolate calcium)	650 mcg DFE	108%
Vitamin B12 (as methylcobalamin)	8 mcg	286%
Biotin (as d-biotin)	35 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	7 mg	100%
Calcium (as calcium carbonate, plant derived)	250 mg	19%
Iron (as ferrous bisglycinate chelate)	27 mg	100%
Iodine (as kelp, laminaria digitata)	290 mcg	100%
Magnesium (as magnesium chelate)	75 mg	19%
Zinc (as zinc bisglycinate chelate)	13 mg	100%
Selenium (as selenium glycinate)	70 mcg	100%
Copper (as copper bisglycinate chelate)	1.3 mg	100%
Manganese (as manganese bisglycinate chelate)	2.6 mg	100%
Chromium (as chromium nicotinate glycinate chelate)	45 mcg	100%
Molybdenum (as molybdenum glycinate chelate)	50 mcg	100%

+ Daily Value (DV) not established

* Percent Daily Values (%DV) are based on 2,000 calorie diet.

Other Ingredients: Organic Rice Hulls, Hypromellose (Capsule Shell).

The GHT Companies Translating scientific discovery into business enterprise.



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Vegan Prenatal / Postnatal Focus Add-on

Prenatal Focus

Prenatal Support is designed to work alongside your Vegan Women's Basic Daily Multivitamin, adding one critical nutrient your foundation formula doesn't carry in pregnancy-level amounts, choline. Choline plays an essential role in your baby's brain and neural development, yet it's one of the most commonly overlooked nutrients in prenatal nutrition, often missing from standard prenatal vitamins altogether. Rather than duplicating what your daily multivitamin already delivers, this targeted add-on fills the one gap that matters most, so together, the two work as a complete, pregnancy-ready system.

Postnatal Focus

Postnatal Support continues the work your Vegan Women's Basic Daily Multivitamin and Prenatal Focus started, shifting focus to what your body needs most after birth, replenishment. Alongside continued choline support, this formula delivers a meaningful boost of vitamin D and active B vitamins to help support energy, mood, and recovery during one of the most physically demanding chapters of motherhood. Paired with your foundation multivitamin, it completes the full journey, from everyday wellness, through pregnancy, and into recovery, all built on the same trusted formula.

Key Highlights

- The one nutrient most prenatal products forget, delivered at the level that matters
- Targeted choline support at a full 550 milligrams per serving supports baby's brain and neural development,
- Fills a gap most standard prenatal products miss entirely, and
- Designed to work seamlessly alongside Vegan Women's Basic Daily Multi-Vitamin, not replace it.
- Replenish what pregnancy and birth take out of you.
- High-dose vitamin D3 at 4,400 international units to support mood and recovery
- Active B vitamins for energy during the demands of new motherhood
- Continued choline support for ongoing benefit, and
- Formulated to complete your journey from pregnancy through postpartum recovery.

Supplement Facts		
Serving size 2 Capsules	Servings per container 30	
	Amount per Serving	% DV*
Choline (as choline bitartrate)	550 mg	100%
+ Daily Value (DV) not established		
* Percent Daily Values (%DV) are based on 2,000 calorie diet.		

Other Ingredients: Hypromellose (Capsule Shell).

Supplement Facts		
Serving size 2 Capsules	Servings per container 30	
	Amount per Serving	% DV*
Vitamin D (as cholecalciferol)	110 mcg (4400 IU)	550%
Thiamin (as thiamin mononitrate)	1.4 mg	117%
Riboflavin (as riboflavin sodium phosphate)	1.6 mg	123%
Niacin (as niacinamide)	18 mg	113%
Folate (as L-5-methyltetrahydrofolate calcium)	150 mcg DFE	38%
Choline (as choline bitartrate)	475 mg	86%
+ Daily Value (DV) not established		
* Percent Daily Values (%DV) are based on 2,000 calorie diet.		

Other Ingredients: Hypromellose (Capsule Shell).

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