

ITEM #2190  
B2194 10D



ACTUAL  
SIZE



# Women's Exclusive Multivitamin/Mineral Formula

Promotes Heart & Bone Health\*  
Supports Energy Metabolism\*

CERTIFIED  
100%  
NATURAL  
d-ALPHA

Dietary Supplement

60 TABLETS



## Supplement Facts

Serving Size 2 Tablets  
Servings Per Container 30

| Amount Per Serving                                                                   |          | %Daily Value |
|--------------------------------------------------------------------------------------|----------|--------------|
| Vitamin A<br>(as Retinyl Acetate and Beta-Carotene)                                  | 5,000 IU | 100%         |
| Vitamin C<br>(as Ascorbic Acid and Rose Hips)                                        | 60 mg    | 100%         |
| Vitamin D (as Cholecalciferol)                                                       | 400 IU   | 100%         |
| Vitamin E<br>(as d-Alpha Tocopheryl Acetate)                                         | 30 IU    | 100%         |
| Thiamin (Vitamin B-1)<br>(as Thiamin Hydrochloride)                                  | 30 mg    | 2,000%       |
| Riboflavin (Vitamin B-2)                                                             | 30 mg    | 1,765%       |
| Niacin (as Niacinamide)                                                              | 30 mg    | 150%         |
| Vitamin B-6<br>(as Pyridoxine Hydrochloride)                                         | 30 mg    | 1,500%       |
| Folic Acid                                                                           | 400 mcg  | 100%         |
| Vitamin B-12 (as Cyanocobalamin)                                                     | 130 mcg  | 2,167%       |
| Biotin (as d-Biotin)                                                                 | 30 mcg   | 10%          |
| Pantothenic Acid<br>(as d-Calcium Pantothenate)                                      | 30 mg    | 300%         |
| Calcium<br>(as Calcium Carbonate, Dicalcium Phosphate<br>and d-Calcium Pantothenate) | 500 mg   | 50%          |

|                                             |         |      |
|---------------------------------------------|---------|------|
| Iron (as Ferrous Gluconate)                 | 15 mg   | 83%  |
| Phosphorus<br>(as Dicalcium Phosphate)      | 30 mg   | 3%   |
| Iodine (as Potassium Iodide)                | 150 mcg | 100% |
| Magnesium (as Magnesium Oxide)              | 250 mg  | 63%  |
| Zinc (as Zinc Gluconate)                    | 15 mg   | 100% |
| Selenium (as Selenium Yeast)                | 25 mcg  | 36%  |
| Copper (as Copper Gluconate)                | 0.5 mg  | 25%  |
| Manganese (as Manganese Gluconate)          | 5 mg    | 250% |
| Chromium (as GTF Chromium Yeast)            | 25 mcg  | 21%  |
| Molybdenum (as Molybdenum Yeast)            | 25 mcg  | 33%  |
| Sodium                                      | 5 mg    | <1%  |
| Potassium (as Potassium Citrate)            | 30 mg   | 1%   |
| Inositol                                    | 30 mg   | **   |
| Choline Bitartrate                          | 30 mg   | **   |
| PABA (Para-Aminobenzoic Acid)               | 30 mg   | **   |
| Citrus Bioflavonoids                        | 25 mg   | **   |
| Betaine Hydrochloride                       | 25 mg   | **   |
| L-Cysteine<br>(as L-Cysteine Hydrochloride) | 50 mg   | **   |
| Dong Quai (Angelica sinensis) (root)        | 50 mg   | **   |

\*\*Daily Value not established.

**Other Ingredients:** Vegetable Cellulose, Silica, Titanium Dioxide  
Color, Vegetable Magnesium Stearate.

**No Gluten, No Wheat, No Milk or Milk Derivatives, No Lactose, No Egg,  
No Grapefruit, No Fish, No Sugar, No Preservatives, No Artificial Flavor.**

**Directions:** For adults, take two (2) tablets daily,  
preferably with a meal.

**An advanced multivitamin/mineral  
antioxidant formula specially developed  
to meet the unique nutritional needs of  
women.\***

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

**WARNING:** Not intended for use by pregnant or  
nursing women. If you are taking any medications  
or planning any medical procedure, consult your  
doctor before use. Avoid this product if you are  
allergic to yeast. Discontinue use and consult your  
doctor if any adverse reactions occur. Not intended  
for use by persons under the age of 18. Store in a  
cool, dry place. Do not use if seal under cap is  
broken or missing.

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

Manufactured by Good 'N Natural®

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800-544-0095 [www.GOODNNATURAL.com](http://www.GOODNNATURAL.com)

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