

multivitamin dietary supplement

women's 50+ advanced

multivitamin/multimineral/
herbal supplement
1000 IU Vitamin D
500 mg calcium



50 TABLETS

Directions: Adults: Take one tablet daily, with food.

Supplement Facts

Serving Size: One tablet

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A (20% as beta-carotene)	2500 IU	50%	Calcium (elemental)	500 mg	50%
Vitamin C	60 mg	100%	Iron	0 mg	0%
Vitamin D	1000 IU	250%	Iodine	150 mcg	100%
Vitamin E	22.5 IU	75%	Magnesium	50 mg	13%
Vitamin K	20 mcg	25%	Zinc	22.5 mg	150%
Thiamin	4.5 mg	300%	Selenium	20 mcg	29%
Riboflavin	3.4 mg	200%	Copper	2 mg	100%
Niacin	20 mg	100%	Manganese	4 mg	200%
Vitamin B6	6 mg	300%	Chromium	180 mcg	150%
Folic Acid	400 mcg	100%	Molybdenum	90 mcg	120%
Vitamin B12	25 mcg	417%	Ginkgo Extract (leaf)	120 mg	*
Biotin	30 mcg	10%			
Pantothenic Acid	15 mg	150%			

*Daily Value not established.

INGREDIENTS: Calcium Carbonate, Dicalcium Phosphate, Ginkgo (Standardized Extract), Magnesium Oxide, Ascorbic Acid, Microcrystalline Cellulose, Croscarmellose Sodium, Polyvinyl Alcohol, Zinc Oxide, Stearic Acid, dl-Alpha Tocopheryl Acetate, Niacinamide, Calcium Pantothenate, Titanium Dioxide, Polyethylene Glycol, Manganese Sulfate, Silicon Dioxide, Talc, Magnesium Stearate, Crospovidone, Pyridoxine Hydrochloride, Thiamin Mononitrate, Cupric Sulfate, Riboflavin, FD&C Yellow #6 Aluminum Lake, Vitamin A Acetate, Chromium Chloride, FD&C Yellow #5 Aluminum Lake, Folic Acid, Beta-Carotene, Potassium Iodide, Sodium Molybdate, Sodium Selenate, FD&C Blue #2 Aluminum Lake, Biotin, Cholecalciferol, Cyanocobalamin, Phytonadione.

Caution: Ask a doctor before use if you are taking ANY medication – especially any drug for anticoagulation (thinning the blood) including daily aspirin. If you have a medical condition or bleeding problems or if you are planning any medical procedure, consult your doctor before using this product.

If you are pregnant or nursing a baby, ask a doctor before using this product.

KEEP OUT OF REACH OF CHILDREN

Store in a dry place at room temperature (59°-86°F).

Do not use if printed seal under cap is broken or missing

Questions? Call 1-800-910-6874

GLUTEN FREE

094 02 0907 ID201455
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Minneapolis, MN 55403
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