

QUALITY GUARANTEED

This product has been manufactured and packaged in strict conformance with industry and government standards.

FOIL - TAMPER RESISTANT SEAL

If printed heat induced seal appears to be tampered with, do not use product.

Directions: Adults, take one tablet daily as a dietary supplement, preferably with a meal.

Warning: Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In a case of accidental overdose, call a doctor or poison control center immediately.

Store in a dry, controlled room environment.
Keep Out of the Reach of Children.

*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.

Nature's Measure™

Women's Essential Vitamins

Dietary Supplement
Complete multivitamin
for a woman's nutrition*

**Plus
IRON**

30 TABLETS

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% DV
Vitamin A (Acetate and Beta Carotene)	2000 IU	40%
Vitamin C (Ascorbic Acid)	10 mg	17%
Vitamin D-3 (Cholecalciferol)	400 IU	100%
Vitamin E (dl-Alpha Tocopheryl Acetate)	12.5 IU	42%
Thiamine Mononitrate (B-1)	1.5 mg	100%
Riboflavin (B-2)	1.7 mg	100%
Niacinamide (B-3)	20 mg	100%
Vitamin B-6 (Pyridoxine HCl)	2 mg	100%
Folate (Folic Acid)	400 mcg	100%
Vitamin B-12 (Cyanocobalamin)	6 mcg	100%
Pantothenic Acid (Calcium Pantothenate)	10 mg	100%
Iron (Ferrous Fumarate)	18 mg	100%

LOT/EXP. DATE

Other Ingredients: Dicalcium Phosphate, stearic acid, croscarmellose sodium, gelatin, starch, silica, microcrystalline cellulose, magnesium stearate, hypromellose, magnesium silicate, sucrose, titanium dioxide, polyethylene glycol, polyvinylpyrrolidone, mineral oil, FD&C yellow #5 lake*, sodium ascorbate, triglycerides, FD&C yellow #6 lake, mixed tocopherols, glucose, sodium benzoate, sorbic acid and BHT.
*Contains FD&C yellow #5 (tartrazine) as a color additive.

**GUARANTEED NO
ADDED:** Yeast, soy,
wheat, dairy, gluten,
egg, fragrance.



Product #11272
DISTRIBUTED BY:
GREENBRIER INTERNATIONAL, INC.,
CHESAPEAKE, VA 23320
MADE IN USA
Questions? Comments?
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