



1-000-9478-00

Supplement Facts

Serving Size: 3 Capsules

Servings Per Container: 60

Amount Per Serving	% Daily Value	
Vitamin A (as natural beta carotene, retinyl palmitate)	2,500 IU	50%
Vitamin C (as ascorbic acid, ascorbyl palmitate)	400 mg	667%
Vitamin D3 (cholecalciferol)	500 IU	125%
Vitamin E (as d-alpha tocopheryl succinate, mixed tocopherols)	150 IU	500%
Vitamin K (as K1 as phytonadione, K2 as MK4 and MK7)	75 mcg	94%
Thiamin (as thiamine hydrochloride)	7.5 mg	500%
Riboflavin	7.5 mg	441%
Niacin (vitamin B3 as inositol hexanicolinate)	15 mg	75%
Vitamin B6 (as pyridoxine HCl, pyridoxal-5-phosphate)	30 mg	1500%
Folic Acid (as 5-methyltetrahydrofolate)	400 mcg	100%
Vitamin B12 (as methylcobalamin)	75 mcg	1,250%
Biotin	500 mcg	167%
Pantothenic Acid (vitamin B5 as calcium pantothenate)	60 mg	600%
Calcium (as dicalcium malate, calcium citrate, calcium pantothenate)	155 mg	16%
Iron (as bis-glycinate chelate)	9 mg	50%
Iodine (as potassium iodide)	75 mcg	50%
Magnesium (as dimagnesium malate, magnesium citrate)	150 mg	38%
Zinc (as zinc amino acid chelate)	7.5 mg	50%
Selenium (as methylselenocysteine)	75 mcg	107%
Copper (as copper amino acid chelate)	0.5 mg	25%
Manganese (as manganese amino acid chelate)	1.25 mg	63%
Chromium (as chromium picolinate (Chromax®†))	50 mcg	42%
Molybdenum (as molybdenum amino acid chelate)	50 mcg	67%
Rutin	15 mg	*
Lutein	1.5 mg	*
Astaxanthin	500 mcg	*
Proprietary Blend	142 mg	*
Digestive enzymes (vegetarian source amylase, protease, lactase, lipase and cellulase), green tea leaf extract (50% EGCG), pomegranate whole fruit extract (40% ellagic acid), silica (from bamboo stem extract), flower pollen extract, spruce lignan (HMRlignan™††), boron citrate complex and vanadyl sulfate.		

*Daily Value not established

Other Ingredients: Hydroxypropylmethylcellulose (vegetarian capsule).

What is the NR Essentials Multivitamin for Women?

The NR Essentials Multivitamin for Women is a complete source of nutrients for pre-menopausal women.

Included are **essential vitamins like vitamins C, D, E**, and active folate. Each one is supplied in sufficient quantities to meet everyday demands.

We've rounded out the NR Essentials Multivitamin for Women with **key minerals like iron, zinc, calcium, and magnesium**. The body needs iron and zinc for healthy blood cells and immune function. Calcium and magnesium help with bone strength, as well as muscle and nerve function.

In addition to minerals, the NR Essentials Multivitamin for Women also contains specialty nutrients such as vitamin K2, flower pollen extract, HMRlignan®, pomegranate and astaxanthin. They help **support bone and breast health**, as well as hormone function. These nutrients also promote beautiful skin internally.

What Makes NR Essentials™ Different?

Beauty begins inside. The NR Essentials Multivitamin for Women was formulated with that idea in mind. That's why this supplement includes specialized nutrients to promote beautiful skin internally and support hormone function, bone health, and breast health.

How do I use NR Essentials Multivitamin for Women?

Swallow capsules whole with a small amount of water or juice.

Take 3 capsules 2 times per day with meals.

Keep container tightly closed in a cool, dry and dark place. Keep out of reach of children.

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 case of accidental overdose, call a doctor or poison control center immediately.

How long until I see results?

The NR Essentials Multivitamin for Women is specially formulated to support everyday health.