

**Directions:** Adult females take one (1) tablet daily with food. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.



Lot No:

Best by:

**Supplement Facts** **Serving Size** 1 tablet. Vitamin A (as beta carotene, natural mixed carotenoids) 2,500 I.U. (50% DV). Vitamin C (as ascorbic acid, amla extract, acerola berry extract) 100 mg (167% DV). Vitamin D (D<sub>3</sub>(as cholecalciferol)) 400 I.U. (100% DV). Vitamin E (as d-alpha tocopheryl acid succinate) 50 I.U. (167% DV). Vitamin K (as phytonadione (K1), menaquinone (K2)) 81 mcg (101% DV). Thiamin (vitamin B1)(as thiamine hydrochloride, thiamine cocarboxylase) 5 mg (333% DV). Riboflavin (vitamin B2)(as riboflavin, riboflavin 5' phosphate) 5 mg (294% DV). Niacin (as inositol hexanicotinate, chromium polynicotinate) 20 mg (100% DV). Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate) 5 mg (250% DV). Folic Acid 800 mcg (200% DV). Vitamin B12 (as cyanocobalamin, methylcobalamin) 100 mcg (1,667% DV). Biotin (as d-Biotin) 300 mcg (100% DV). Pantothenic Acid (as d-calcium pantothenate, panthethine) 26 mg (260% DV). Calcium (as calcium hydroxyapatite, ascorbate, calcium fructoborate)† 220 mg (22% DV). Iron (as ferrous gluconate)† 9 mg (50% DV). Phosphorus (as calcium hydroxyapatite)† 102 mg (10% DV). Magnesium (as magnesium oxide, citrate)† 100 mg (25% DV). Zinc (as zinc monomethionine) 5 mg (33% DV). Selenium (as sodium selenate)† 70 mcg (100% DV). Copper (as copper amino acid chelate)† 0.9 mg (45% DV). Manganese (as manganese amino acid chelate)† 2 mg (100% DV). Chromium (as chromium polynicotinate)† 50 mcg (41% DV). Potassium (as potassium citrate)† 10 mg (<1% DV). Molybdenum (as molybdenum amino acid chelate)† 25 mcg (33% DV). Proprietary Women's Health Blend: 207 mg (\* DV). Cranberry Plus Blend: Organic Cranberry, VitaBerry® Plus Fruit Blend [Grape Seed Extract, Wild Blueberry, Wild Bilberry, Cranberry, Tart Cherry, Prune, Raspberry Seed, Strawberry, Resveratrol (from *polygonum cuspidatum*)(root), Quercetin (from *sophora japonica linn*)(flower)]. Pomegranate Concentrate, Ellagic Acid (from *punica granatum*)(peel). Calcium fructoborate (FruiteX B®)(providing 1.5 mg Boron). Ginger Extract 10:1 (rhizome). Fermented Organic Whole Food Blend: Organic Whole Vegetables (organic kale, organic pumpkin, organic red radish sprout, organic broccoli sprout, organic daikon radish sprout, organic collard green, organic spinach, organic beet, organic broccoli, organic pea). Organic Whole Fruit (organic cranberry, organic acai, organic blueberry, organic blackberry, organic raspberry, organic strawberry, organic tart cherry, organic pomegranate, organic banana, organic mango). Organic Whole Legumes and Grains (organic adzuki bean, organic red lentil bean, organic quinoa sprout powder, organic millet sprout). Organic Super Foods (organic noni, organic ginger, organic chlorella, organic spirulina). Organic Aloe Vera ACTIValue® (100% inner fillet of leaf). Enzyme Blend providing: Protease (from *aspergillus oryzae*) 154 H.U., Amylase (from *aspergillus oryzae*) 53 D.U. Lipase (from *rhizopus oryzae*) 1.5 L.U., Cellulase (from *trichoderma longibrachiatum*) 0.62 C.U., Lactase (from *aspergillus oryzae*) 23.45 Lac.U., Proprietary Probiotic Blend from: Lactobacillus rhamnosus 420,000\*\*, Bifidobacterium lactophilus 360,000\*\*, Bifidobacterium lactis 300,000\*\*, Bifidobacterium longum 120,000\*\*, Inositol (as inositol, inositol hexanicotinate) 54 mg (\* DV). Citrus Bioflavonoid Complex (from lemon, orange and grapefruit)(fruit) 25 mg (\* DV). Choline (from 56 mg choline bitartrate) 23 mg (\* DV).

\* Daily Value not established. \*\*Viable cell count at the time of manufacture.

Other Ingredients: Cellulose, gum arabic, cellulose & glycerin coating, silica, sunflower oil, modified corn starch, maltodextrin, vegetable glaze, natural flavor. Contains milk and soy.

H.U. - Haemoglobin Units D.U. - Dextrinizing Units L.U. - Lipase Units C.U. - Cellulase Units Lac.U. - Lactase Units

**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 Poison Control Center immediately.**

\*\*\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**NO:** Wheat, gluten, artificial color, artificial flavor, or artificial sweeteners.

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**Tablets**

**Dietary  
Supplement**

**WARNING:** If you are pregnant, nursing, diabetic, hypoglycemic, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor. Product No. 8192. Do not accept if seal is broken. Store between 59°-86° F. † Country Life always labels minerals in elemental weight. FruiteX B® (US #5962049) is a registered trademark and is

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