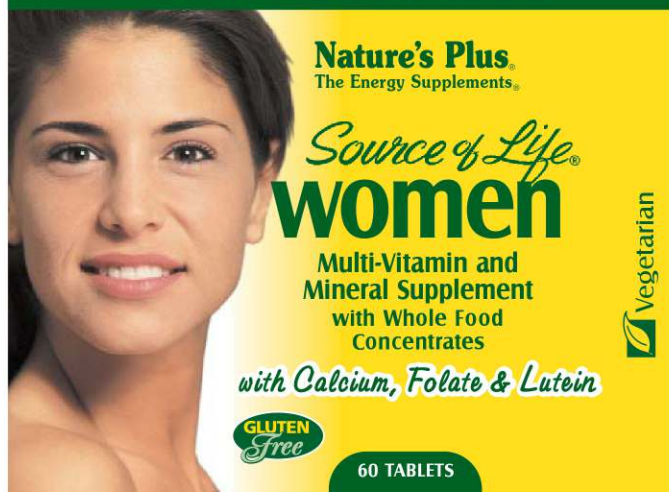


Energy for the Life You Live!™



Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving
Vitamin A (as beta carotene)	10,000 IU . . . 200%	Novasoy® (soy extract)40 mg † (stand. to 40% [16 mg] isoflavones)
Vitamin C (as ascorbic acid)	500 mg . . . 833%	Fem-Effect Complex40 mg † Proprietary blend of Chasteberry (<i>Vitex agnus-castus</i> fruit) (stand. 0.5% [50 mcg] agnuside, 0.6% [60 mcg] aucubin); Damiana (whole herb); Dong Quai (<i>Angelica sinensis</i> root); Black Cohosh (<i>Cimicifuga racemosa</i> root and rhizome) (stand. 2.5% [0.25 mg] triterpene glycosides)
Vitamin D (as ergocalciferol)	100 IU . . . 25%	Choline (as bitartrate)30 mg †
Vitamin E	100 IU . . . 333%	Inositol30 mg †
(as d-alpha tocopheryl succinate)		Bioflavonoids (from <i>Citrus limon</i> exocarp)25 mg † (active flavonols, flavonones, flavones & naringen [11 mg])
Vitamin K (as phytonadione)	150 mcg . . . 188%	Herbal Antioxidant Complex15 mg † Proprietary blend of Turmeric (<i>Curcuma longa</i> rhizome) (stand. 95% [4.75 mg] curcumin); Bilberry (<i>Vaccinium myrtillus</i> extract) (stand. 25% [1.25 mg] anthocyanosides); Green Tea (<i>Camellia sinensis</i> leaf) (decaffeinated) (stand. 50% [2.5 mg] polyphenols)
Thiamin (vitamin B-1) (as thiamine HCl)	50 mg . . . 3333%	Lipase (from brown rice fermentation)10 mg †
Riboflavin (vitamin B-2)	50 mg . . . 2941%	Amylase (from brown rice fermentation)5 mg †
Niacin (as niacinamide)	50 mg . . . 250%	Lactase (DairyMate®)5 mg †
Vitamin B-6 (as pyridoxine HCl)	50 mg . . . 2500%	Protease (from brown rice fermentation)5 mg †
Folate (as folic acid)	800 mcg . . . 200%	Lutein‡ (active carotenoid from marigold flower extract)2 mg †
Vitamin B-12 (as cyanocobalamin)	200 mcg . . . 3333%	Boron (as citrate)1 mg †
Biotin	300 mcg . . . 100%	
Pantothenic Acid (as calcium pantothenate)	60 mg . . . 600%	
Calcium (as aminoate complex)	500 mg . . . 50%	
Iron (as aminoate complex)	18 mg . . . 100%	
Iodine (from kelp)	150 mcg . . . 100%	
Magnesium (as aminoate complex)	250 mg . . . 63%	
Zinc (as monomethionine**)	15 mg . . . 100%	
Selenium (as aminoate complex)	100 mcg . . . 143%	
Copper (as aminoate complex)	1 mg . . . 50%	
Manganese (as aminoate complex)	2 mg . . . 100%	
Chromium (as polynicotinate***)	120 mcg . . . 100%	
Molybdenum (as aminoate complex)	50 mcg . . . 67%	
Spirulina	250 mg . . . †	
Ostivone® (ipriflavone)	50 mg . . . †	
Bee Pollen (Spanish)	50 mg . . . †	
Bromelain (from pineapple fruit)	40 mg . . . †	
(24 gelatin digesting units)		

†Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, stearic acid, magnesium stearate, silica, astragalus root, barley leaf, Irish moss (*Chondrus crispus*), thyme leaf, ligustrum berry, schisandra fruit, rice bran and pharmaceutical glaze. Mineral aminoates are whole brown rice chelates.

DIRECTIONS: As a dietary supplement for women only, two tablets once daily.

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.

KEEP OUT OF REACH OF CHILDREN.

OptiZinc® **CHROME-MATE®** **FloraGLO®** **LUTEIN**

OptiZinc® brand zinc monomethionine and *ChromeMate® brand niacin-bound chromium, U.S. Patents 4,923,855, 4,954,492 and 5,194,615, are registered trademarks of InterHealth N.I. ‡FloraGLO® is a registered trademark of Kemin Indus-tries, Inc. Novasoy® is a registered trademark of Archer Daniels Midland Co.



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 physician or poison control center immediately.

NOTE: If you are pregnant or nursing, consult your healthcare practitioner before using any herbal product.

PRODUCT NO. 3095



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LBL 1128616