



Especially Yours®

Woman's Multi-Vitamin Supplement

GLUTEN
Free

60 Tablets



Nutritional Support for Natural Energy Production and Overall Well-Being.*

Supplement Facts

Serving Size 3 Tablets

Servings Per Container 20

| Amount Per Serving | %DV |
|---|----------------|
| Vitamin A (as beta carotene) | 10,000 IU 200% |
| Vitamin C (as ascorbic acid) | 300 mg 500% |
| Vitamin D (as ergocalciferol) | 400 IU 100% |
| Vitamin E (as d-alpha tocopherol succinate) | 400 IU 1333% |
| Thiamin (as thiamine HCl) | 10 mg 667% |
| Riboflavin (vitamin B-2) | 10 mg 588% |
| Niacin | 10 mg 50% |
| Vitamin B-6 (as pyridoxine HCl) | 100 mg 5000% |
| Folate (as folic acid) ** | 800 mcg 200% |
| Vitamin B-12 (as cyanocobalamin) | 100 mcg 1667% |
| Biotin | 200 mcg 67% |
| Pantothenic Acid (as calcium pantothenate) | 50 mg 500% |
| Calcium (as aminoate) | 150 mg 15% |
| Iron (as aspartate) | 40 mg 222% |
| Iodine (from kelp) | 225 mcg 150% |
| Magnesium (as aminoate) | 300 mg 75% |
| Zinc (as picolinate) | 20 mg 133% |
| Selenium (as aminoate) | 10 mcg 14% |
| Manganese (as ascorbate) | 6.1 mg 305% |
| Chromium (as aminoate) | 15 mcg 13% |
| Potassium (as citrate) | 15 mg <1% |
| Flax Seed | 100 mg† |
| Lemon Bioflavonoid Complex (from <i>Citrus limon</i> exocarp) (active flavonols, flavonones, flavones & naringen-44% [22 mg]) | 50 mg† |
| SUMA® Root (<i>Pfaffia paniculata</i>) | 50 mg† |
| Damiana (whole herb) | 50 mg† |
| Dong Quai Root | 50 mg† |
| Inositol | 25 mg† |
| Rutin (from <i>Sophora japonica</i> leaf) | 25 mg† |
| Amylase (from brown rice fermentation) (750 units) | 25 mg† |
| Lipase (from brown rice fermentation) (125 units) | 25 mg† |
| Black Currant Seed | 25 mg† |
| Buchu (<i>Barosma</i> spp. leaf) | 25 mg† |
| Protease (from brown rice fermentation) (1500 units) | 15 mg† |
| Choline (as bitartrate) | 11 mg† |
| PABA (para-aminobenzoic acid) | 10 mg† |

Other ingredients: Di-calcium phosphate, microcrystalline cellulose, stearic acid, silica, magnesium stearate and pharmaceutical glaze. Mineral aminoates are whole brown rice chelates.

Free from artificial colors and preservatives. Free from the common allergens yeast, wheat, soy and milk.

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

Do not take with sulfonamide since PABA interferes with the activity of the drug.

WARNING: IN CERTAIN INDIVIDUALS, NIACIN MAY PRODUCE FLUSHING WHICH, UNDER NORMAL USE, WILL DISAPPEAR. IF CONDITION PERSISTS, HOWEVER, CONSULT A PHYSICIAN.

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.

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.

*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.

Manufactured with LOVE ♥ by

Natural Organics

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makers of **Nature's Plus**

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**Daily Value for pregnant or lactating women.

† Daily Value (DV) not established.