

Manufactured for **INSTITUTE FOR VIBRANT LIVING**
P.O. Box 3840, Camp Verde AZ 86322
1-800-218-1379 • www.IVLProducts.com

Suggested Use: Take 2 tablets once daily with meal.

Note: If you are pregnant, nursing, have any health condition or are taking any medications, consult your health care practitioner before using this product.

Keep out of reach of children.

Store in a cool, dry place.

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

Manufactured in an NSF GMP certified facility.

Made in the **USA** 



Food Based Women's Multi

Comprehensive Formula

120 Tablets
Dietary Supplement



Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 60

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (100% as natural beta-carotene)	10,000 IU 200%	Manganese (as manganese sulfate)	2 mg 100%
Vitamin C (as ascorbic acid)	200 mg 333%	Chromium (as chromium chloride)	50 mcg 42%
Vitamin D3 (as cholecalciferol)	400 IU 100%	Molybdenum (as sodium molybdate)	10 mcg 13%
Vitamin E (as d-alpha tocopheryl succinate)	30 IU 100%	Potassium (as potassium chloride)	0.05 mg <1%
Vitamin K (phytonadione)	30 mcg 38%	Vanadium (as vanadium amino acid chelate)	2 mcg *
Thiamin (as thiamine mononitrate)	25 mg 1667%	Boron (as boron glycinate)	50 mcg *
Riboflavin	25 mg 1471%	Bioflavonoids (from lemon)	25 mg *
Niacin (as niacinamide)	25 mg 125%	Rutin	10 mg *
Vitamin B6 (as pyridoxine HCl)	25 mg 1250%	Choline (as choline bitartrate)	10 mg *
Folic Acid	400 mcg 100%	Inositol	10 mg *
Vitamin B12 (as cyanocobalamin)	50 mcg 833%	Hesperidin	10 mg *
Biotin	300 mcg 100%	Para-aminobenzoic acid (PABA)	5 mg *
Pantothenic Acid (as d-calcium pantothenate)	25 mg 250%	Protease	1100 HUT *
Calcium (as calcium citrate, calcium carbonate)	500 mg 50%	Amylase	100 SKB *
Iron (as ferrous bisglycinate, ferrous sulfate)	18 mg 100%	Lipase	50 LU *
Iodine (from kelp)	100 mcg 67%	Cellulase	50 CU *
Magnesium (as magnesium oxide)	250 mg 63%	Proprietary Superfood Blend	555 mg *
Zinc (as zinc citrate)	15 mg 100%	(papaya juice, spirulina, barley grass (leaf), dong quai (root), vitex (chaste tree (berry)), horsetail (herb), fo-ti (root), schizandra (berries), nettles (leaf), carrot (root), spinach (leaf))	
Selenium (as selenomethionine)	100 mcg 143%		
Copper (as copper oxide)	2 mg 100%		

* Daily Value not established

Other ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silica, vegetable coating.