

A Superior Woman's Multiple



now®

120 Vcaps®
A Dietary Supplement

SUGGESTED USAGE: Take 6 Vcaps® daily with meals.

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.

Caution: If you are pregnant, may become pregnant, or are breast feeding, please consult your healthcare practitioner before using this product.

Natural color variations may occur in this product.

Do Not Eat Freshness Packet. Keep in Bottle.

KEEP BOTTLE TIGHTLY SEALED.

CODE 3798

V3

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Supplement Facts

Serving Size 6 Vcaps®

Servings Per Container 20

	Amount Per Serving	%Daily Value
Beta-Carotene (as pro-Vitamin A 6 mg)	10,000 IU	200%
Vitamin C (from Calcium Ascorbate)	300 mg	500%
Vitamin D (as Ergocalciferol)	400 IU	100%
Vitamin E (as d-alpha Tocopheryl Succinate)	200 IU	667%
Vitamin K (as Phytonadione)	80 mcg	100%
Thiamine (from Thiamine HCl) (Vit. B-1)	25 mg	1667%
Riboflavin (Vitamin B-2)	25 mg	1471%
Niacin (as Niacinamide) (Vit. B-3)	50 mg	250%
Vitamin B-6 (from Pyridoxine HCl)	50 mg	2500%
Folic Acid	800 mcg	200%
Vitamin B-12 (as Cyanocobalamin)	200 mcg	3333%
Biotin	300 mcg	100%
Pantothenic Acid (from D-Calcium Pantothenate)	50 mg	500%
Calcium (from Calcium Carbonate, Calcium Ascorbate, Calcium Citrate)	500 mg	50%
Iron (as Ferrous Bisglycinate, Ferrochel®)	18 mg	100%
Iodine (from Kelp)	225 mcg	150%
Magnesium (from Magnesium Oxide, Magnesium Citrate, AAC*)	250 mg	63%
Zinc (from Amino Acid Chelate)	20 mg	133%
Selenium (from Selenomethionine)	100 mcg	143%
Copper (from Amino Acid Chelate)	1 mg	50%
Manganese (from Amino Acid Chelate)	10 mg	500%
Chromium (from AAC*, Chelavite®)	100 mcg	83%
Molybdenum (from Amino Acid Chelate)	50 mcg	67%
Potassium (from Potassium Chloride)	25 mg	< 1%

Amount %Daily
Per Serving Value

Spirulina Algae (Hawaiian)	250 mg	†
Dong Quai Extract (4:1) (Root)	100 mg	†
Eleuthero (<i>Eleutherococcus senticosus</i>) (4:1 Extract) (Root)	100 mg	†
Betaine HCl	100 mg	†
Multi-Enzyme Blend	100 mg	†
Wild Yam Root Extract (6% Diosgenin)	50 mg	†
Royal Jelly (Freeze-Dried) (6% HDA)	50 mg	†
Silica (from Silicon Dioxide)	50 mg	†
Soy Isoflavones (min. 40%) (Genistein, Daidzein, Glycitein)	30 mg	†
Choline (from Choline Bitartrate)	25 mg	†
Inositol	25 mg	†
PABA	25 mg	†
Ipriflavone	25 mg	†
Boron (from Amino Acid Chelate)	1 mg	†
Chasteberry (Vitex Extract)	50 mg	†

† Daily Value not established.

Other ingredients: Cellulose (capsule), Cellulose, Stearic Acid (vegetable source) and Magnesium Stearate (vegetable source).

Manufactured by NOW FOODS

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108

Made in the U.S.A. www.nowfoods.com

Contains no sugar, salt, starch, yeast, wheat, gluten, milk, egg, shellfish or preservatives.

Ferrochel® and Chelavite® are registered trademarks of Albion Labs.

AAC* = Amino Acid Chelate

Vcaps® is a registered trademark of Capsugel.

Store in a cool, dry place. Please Recycle.