

Supplement Facts

Serving Size 4 Vcaps® Servings Per Container 22.5

	Amount Per Serving	%Daily Value
Beta-Carotene (as pro-Vitamin A 3 mg) **	5,000 IU	100%
Vitamin C (from Organic Amla Extract)	60 mg	100%
Vitamin D **	400 IU	100%
Vitamin E **	30 IU	100%
Vitamin K **	80 mcg	100%
Thiamine (Vitamin B-1) **	2 mg	133%
Riboflavin (Vitamin B-2) **	2 mg	118%
Niacin **	20 mg	100%
Vitamin B-6 **	2 mg	100%
Folic Acid **	800 mcg	200%
Vitamin B-12 **	12 mcg	200%
Biotin **	300 mcg	100%
Pantothenic Acid **	10 mg	100%
Calcium **	10 mg	1%
Iron (from Iron Amino Acid Chelate)	6 mg	33%
Iodine **	150 mcg	100%
Magnesium **	10 mg	3%
Zinc **	15 mg	100%
Selenium **	70 mcg	100%
Copper **	1 mg	50%
Manganese **	1 mg	50%
Chromium **	120 mcg	100%
Molybdenum **	75 mcg	100%
Potassium **	3 mg	< 1%

Organic High Antioxidant Fruit & Spirulina Blend **	825 mg	†
Organic Tart Cherry, Organic Spirulina, Organic Blueberry, Organic Pomegranate, Organic Raisin, and Organic Raspberry		
Organic Maca Root (<i>Lepidium meyenii</i>) **	100 mg	†
Organic Cranberry Extract **	100 mg	†
(<i>Vaccinium macrocarpon</i>) (Fruit) (min. 6% Quinic Acid)		
Rhodiola (<i>Rhodiola rosea</i>) (Root) Extract (min. 3% Rosavins)	50 mg	†
Flax Seed Lignans	100 mg	†
Boron **	3 mg	†
Lycopene (from Natural Tomato Extract)	1 mg	†
<i>Lactobacillus acidophilus</i> & <i>Bifidobacterium bifidum</i> 1 Billion (50/50 Probiotic Blend) (Allergen-Free)		†
Organic Amla (<i>Phyllanthus emblica</i>) (Fruit) Extract	120 mg	†

† Daily Value not established.

Other ingredients: Cellulose (capsule), Organic Acacia Gum and Silica.

Manufactured by NOW FOODS, 395 S. Glen Elyn Rd.

Bloomington, IL 60108 Made in the U.S.A. www.nowfoods.com

** These nutrients are naturally fermented with live probiotics in an organic media.

Vcaps® is a registered trademark of Capsugel.

Natural color variations may occur in this product.

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place. Please Recycle. Vegetarian/Vegan Product.

SUGGESTED USAGE: As a dietary supplement, take four Multi-Food Complex Vcaps® daily with food. Dietary fats found in foods are essential to ensure absorption of fat-soluble nutrients.

Why Fermented Whole Food Base?

It is well known that nutrients obtained from healthy foods are the most beneficial. Supplements made from whole foods contain not only vitamins and minerals, but other micronutrients that can work in concert with them, enhancing their effectiveness.

- Yeast-Free, Soy-Free Fermented Whole Food Base for Nutrient Potency
- Nutritional Support with Cranberry, Flax Lignans, Iron, Boron and 800 mcg Folic Acid per serving
- High-ORAC Antioxidant Fruit Extracts and Amla to Quench Free Radicals!
- Allergen-Free Acidophilus & Bifidus Live Probiotic Blend to Enhance Digestive Integrity*

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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.

CODE 3833 V1



NOW® Multi-Food Complex Vcaps® For Women

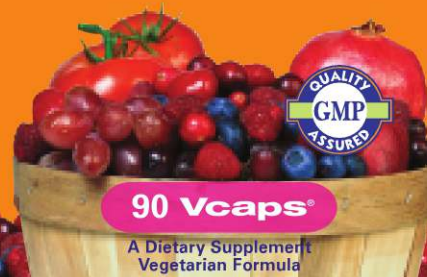


Multi-Food Complex Vcaps®

FERMENTED WHOLE FOOD MULTI

For Women

- Made with Naturally Grown Ingredients
- Yeast-Free / Gluten-Free
- Enhanced with Iron & Boron
- Allergen-Free Probiotics



90 Vcaps®

A Dietary Supplement
Vegetarian Formula

Advanced Nutrition for Active Women

- Supports Immune & Heart Health*
- Fermented with High Antioxidant Fruit Blend!

NOW® Multi-Food Complex for Women is a whole food based, naturally fermented multiple vitamin formula that is the culmination of extensive research and testing, a commitment to natural ingredients, and NOW's passion for product excellence. The nutrient profile in NOW® Multi-Food Complex for Women has been optimally balanced to meet the diverse nutritional needs of today's active woman. The end result is a powerful and effective formulation of fermented whole food based nutrients.

Selected nutrients and whole food concentrates are carefully combined in a **Yeast-Free Fermentation** with allergen-free probiotics, while more fragile nutrients such as Vitamin C (from Amla fruit), Iron, Flax Lignans, Rhodiola, Lycopene, and additional probiotics are carefully added after this process. Our allergen-free probiotic blend is formulated with live organisms that support upper and lower digestive activity.* This innovative daily multiple formula does not contain the common food allergens milk, eggs, wheat, gluten, soy protein, fish, shellfish, tree nuts, peanuts or sesame.

ACTUAL SIZE