

NATURE'S BOUNTY

1 PER DAY

Your Life MULTI

Women's 45+
Multivitamin/Multimineral
Specialty Formula

- with
- ▶ Vitamin D3 1000 IU
 - ▶ Calcium
 - ▶ Ester-C®

Smaller Tablet than the Leading Brand

90 Tablets

HIGH POTENCY IRON-FREE
VITAMIN SUPPLEMENT

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Vitamin A (as Retinyl Acetate and Beta-Carotene)	2,500 IU	50%
Vitamin C (as Ester-C® Calcium Ascorbate)	60 mg	100%
Vitamin D (as D3 Cholecalciferol)	1,000 IU	250%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	30 IU	100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg	100%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as Niacinamide)	10 mg	50%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	100%
Biotin (as d-Biotin)	300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate)	5 mg	50%
Calcium (as Calcium Carbonate and Ester-C® Calcium Ascorbate)	200 mg	20%
Magnesium (as Magnesium Oxide)	50 mg	13%
Zinc (as Zinc Oxide)	15 mg	100%

Amount Per Serving	%Daily Value
Collagen (Hydrolyzed Gelatin)	7 mg *
Choline (as Choline Bitartrate)	1 mg *
Fish Oil and Borage Oils (Containing Omega 3 and Omega 6 Lipids)	5 mg *
Lactobacillus Acidophilus	5 mg *
Active Vegetable and Fruit Blend (Broccoli Extract, Cauliflower Extract, Carrot Extract, Kale Extract, Acai (<i>Euterpe oleracea</i>) (fruit), Blackberry Concentrate, Blueberry Extract (<i>Vaccinium spp.</i>) (fruit), Raspberry (<i>Rubus idaeus</i>) (leaf), Strawberry (<i>Fragaria virginiana</i>) (fruit), Wild Yam Extract (<i>Dioscorea villosa</i>) (root), Beet Powder)	200 mg *
Women's Complex Blend™ (Black Cohosh Extract (<i>Cimicifuga racemosa</i>) (root), Wheat Germ (<i>Triticum aestivum</i>) (seed), Ginkgo Biloba (<i>Ginkgo biloba</i>) (leaf), Vitex Chasteberry (<i>Vitex agnus-castus</i>) (fruit), Green Tea Extract (<i>Camellia sinensis</i>) (leaf), Grapeseed Extract (<i>Vitis vinifera</i>) (seed), Cranberry (<i>Vaccinium macrocarpon</i>) (fruit))	60 mg *

*Daily Value not established.

Other Ingredients: Vegetable Cellulose. **Contains <2% of:** Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

Contains wheat and fish (anchovy, cod, cusk, flounder, haddock, hake, menhaden, pollock, redfish, sardine, sole) ingredients.

DIRECTIONS: For adults, take one (1) tablet daily, preferably with a meal.

No Artificial Color or Flavor, No Sugar, No Milk, No Lactose, No Soy, No Yeast, No Shellfish. Sodium Free.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

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For educational health tips and to join our money saving **Healthy Rewards™** program, visit www.NaturesBounty.com

Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

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