

Live Longer. Live Stronger.

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VIANDA

Avlimil MULTI™

Women's Multivitamin

Comprehensive Multi-Nutrient Promotes Bone, Breast, Heart,
and Skin Health. Antioxidant, Botanical, & Mineral Infusion.



Supplement Facts

Serving Size: 2 Capsules

Servings per Container: 30

	Amount per Serving	% Daily Value
Vitamin A (as beta carotene)	5000IU	100%
Vitamin C (as ascorbic acid)	250mg	417%
Calcium (as calcium carbonate)	200mg	5%
Iron (as glycinate)	9mg	50%
Vitamin D (as cholecalciferol)	600IU	150%
Vitamin E (as alpha-toco-succinate)	30IU	100%
Vitamin B1 (as thiamin HCl)	2.6mg	173%
Riboflavin	3.4mg	200%
Niacin (as niacinamide)	20mg	100%
Vitamin B6 (as pyridoxine HCl)	8mg	400%
Folate (as folic acid)	400mcg	100%
Biotin	1000mcg	333%
Pantothenic Acid	20mg	200%
Iodine (as kelp)	150 mcg	100%
Magnesium (as magnesium oxide)	100mg	25%
Zinc (as zinc citrate)	15mg	100%
Selenium (as selenomethionine)	70mcg	100%
Copper (as copper gluconate)	2mg	100%
Manganese (as manganese sulfate)	2mg	100%
Chromium (as chromium polynicotinate)	120mcg	100%
Molybdenum (as molybdenum chelate)	75mcg	100%
Avlimil® Multi Proprietary Blend:	162mg	†
Ginkgo biloba leaf extract, Grape Seed extract (Vitis vinifera), Alpha-Lipoic Acid, Lutein, Trans-Resveratrol (Polygonum cuspidatum), Boron glycinate complex		

*%Daily Value (DV) not established.

Other Ingredients: Stearic Acid, Magnesium Stearate, Silicon Dioxide



Free of Genetically
Modified Ingredients



Not Tested On Animals



Gluten-Free,
Soy-Free and
Dairy-Free



Dietary Supplement
60 Capsules

DISTRIBUTED BY VIANDA

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Directions: Take two capsules daily.

Store at room temperature. Keep out of reach of children.
Do not use if product appears tampered with or if seal is broken.

For your health: There are no added yeast, preservatives, or artificial flavors. Unconditionally guaranteed for purity, freshness, and label potency.

Warning: As with any supplement, if you are taking medication consult your physician before use. Not formulated for children. Do not exceed recommended use.

Comments or questions? Call 1.800.AVLIMIL or visit avlimil.com or viandalife.com.

Vianda brands should be taken as part of a healthy lifestyle. Individual results may vary.

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