

# INNATE<sup>®</sup>

RESPONSE FORMULAS



*vis medicatrix naturae*

## Women's 40+ Multivitamin

INCLUDING METHYLATED  
FOLATE & B12

Multivitamin & Mineral  
Dietary Supplement

120 Tablets

## Supplement Facts

Serving Size 2 Tablets

Servings per Container 60

|                                                                       | Amount per Serving | % DV |
|-----------------------------------------------------------------------|--------------------|------|
| Vitamin A..... (beta carotene in carrot)                              | 3500 IU            | 70   |
| Vitamin C..... (ascorbic acid in organic orange)                      | 100 mg             | 167  |
| Vitamin D3..... (cholecalciferol in <i>S. cerevisiae</i> )            | 1000 IU            | 250  |
| Vitamin E... (mixed tocopherols [sunflower] in organic brown rice)    | 30 IU              | 100  |
| Vitamin K1/K2..... (phytonadione/menaquinone-7 in cabbage)            | 80 mcg             | 100  |
| Vitamin B1..... (thiamine HCl in <i>S. cerevisiae</i> )               | 2 mg               | 133  |
| Vitamin B2 ... (riboflavin 5'-phosphate sodium in organic brown rice) | 2 mg               | 118  |
| Niacin..... (niacinamide in <i>S. cerevisiae</i> )                    | 20 mg              | 100  |
| Vitamin B6..... (P5P in organic brown rice)                           | 6 mg               | 300  |
| Folate..... (5-MTHF in broccoli)                                      | 200 mcg            | 50   |
| Vitamin B12..... (methylcobalamin in <i>S. cerevisiae</i> )           | 12 mcg             | 200  |
| Biotin..... (in organic brown rice)                                   | 300 mcg            | 100  |
| Pantothenic Acid.... (calcium pantothenate in organic brown rice)     | 10 mg              | 100  |
| Iron..... (mineral bound <i>S. cerevisiae</i> )                       | 9 mg               | 50   |
| Iodine..... (mineral bound <i>S. cerevisiae</i> )                     | 150 mcg            | 100  |
| Zinc..... (rice amino acid chelate)                                   | 15 mg              | 100  |
| Selenium..... (mineral bound <i>S. cerevisiae</i> )                   | 50 mcg             | 71   |
| Copper..... (mineral bound <i>S. cerevisiae</i> )                     | 150 mcg            | 8    |
| Manganese..... (mineral bound <i>S. cerevisiae</i> )                  | 2 mg               | 100  |
| Chromium..... (mineral bound <i>S. cerevisiae</i> )                   | 120 mcg            | 100  |
| Molybdenum..... (mineral bound <i>S. cerevisiae</i> )                 | 70 mcg             | 93   |
| Potassium..... (mineral bound <i>S. cerevisiae</i> )                  | 2 mg               | <1   |
| Choline..... (choline bitartrate)                                     | 200 mg             | **   |

\*\* % Daily Value (DV) not established

**Other Ingredients:** Silica, Stearic Acid, Plant Cellulose.

**Suggested Use:** 2 tablets daily, or as directed by your healthcare practitioner.

May be taken anytime throughout the day, even on an empty stomach.



At INNATE Response we share your belief that nothing is more important than restoring your body's innate ability to heal. To that end, we develop nutrient rich supplements that embrace the wholism of nature, helping you achieve optimal health.

FoodState Nutrients™ are made with whole foods to provide essential vitamins and minerals that are easy-to-digest and gentle on the body, even when taken on an empty stomach.

Learn more at: [www.innateresponse.com](http://www.innateresponse.com)

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Store tightly sealed in a cool, dry place. Once opened, tablet color may naturally change over time.