Spring Valley™ Daily Vitamin Packs provide a simple and convenient solution to support your unique nutritional needs. Each pack is specially designed with high-quality, science-based formulas to provide the essential daily vitamins, minerals and fatty acids needed to help support optimal health.

Multivitamin

Multivitamin provides a full daily serving of essential vitamins and minerals to help fill nutritional gaps and support cellular, brain and eye health.*

Omega-3 Fish Oil

Omega-3 Fish Oil with EPA and DHA to support heart health. Contains MEG-3®, a high-quality, concentrated and naturally sourced fish oil.*

CoQ-10

CoQ-10 for cellular energy production and antioxidant support.*

Calcium

Calcium and magnesium to support and maintain healthy bones.*

Cranberry

Cranberry, traditionally used for urinary tract health. 20 grams of fresh cranberries in every serving.*

Vitamin D3

Vitamin D3, the same form created by your body through sunlight, is essential for calcium absorption to support bone health. Vitamin D3 also supports immune health.*

Vitamins shown at actual size.

*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.

SPRING VALLEY™

DAILY VITAMIN PACK

Women 50+

DIETARY SUPPLEMENT

Vitamins shown at 60% of actual size.

*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.

♀ WOMEN'S HEALTH*

Formulated for cellular, heart and bone health and immune support.*

30 DAY SUPPLY

30 PACKETS

Women's Multivitamin

Supplement Facts

Serving Size 2 Tablets

Amount Per Serving	% Daily Value‡
Vitamin A (as beta-carotene)	5000 IU 100%
Vitamin C (as ascorbic acid)	200 mg 333%
Vitamin D3 (as cholecalciferol)	1000 IU 250%
Vitamin E (as dl-alpha-tocopheryl acetate)	30 IU 100%
Vitamin K (as phytonadione)	80 mcg 100%
Thiamine (Vitamin B1) (as thiamine mononitrate)	80 mg 5333%
Riboflavin (Vitamin B2)	80 mg 4706%
Niacin (as niacinamide)	35 mg 175%
Vitamin B6 (as pyridoxine HCl)	80 mg 4000%
Folate (as folic acid)	800 mcg 200%
Vitamin B12 (as cyanocobalamin)	50 mcg 833%
Biotin (as d-biotin)	300 mcg 100%
Pantothenic Acid (as d-calcium pantothenate)	80 mg 800%
Calcium (as calcium carbonate, dicalcium phosphate, d-calcium pantothenate)	500 mg 50%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide)	250 mg 63%
Zinc (as zinc oxide)	25 mg 167%
Selenium (as amino acid chelate)	200 mcg 286%
Copper (as copper gluconate)	2 mg 100%
Manganese (as manganese sulfate)	2 mg 100%
Chromium (as amino acid chelate)	120 mcg 100%
Molybdenum (as amino acid chelate)	75 mcg 100%
Sodium	5 mg <1%

Amount Per Serving	% Daily Value‡
Fruit & Veggie Blend (Acai powder (fruit), Apple powder (fruit), Blueberry powder (fruit), Broccoli powder (sprouts), Carrot powder (root), Cauliflower powder (floret, stem), Cranberry Fruit Powder, Elderberry powder (berries), Kale powder (aerial parts), Kiwi powder (fruit), Orange powder (peel), Papaya powder (fruit), Pineapple powder (fruit), Spinach powder (sprouts), Tomato powder (fruit))	10 mg †
Alpha Lipoic Acid	50 mg †
Green Tea Extract (Camellia sinensis(leaf)	50 mg †
Cranberry Powder (Vaccinium macrocarpon(fruit)	25 mg †
Grape Seed Extract (Vitis vinifera(seed)	25 mg †
Pomegranate Extract (Punica granatum(fruit)	25 mg †
Choline (as choline bitartrate)	10 mg †
Inositol	10 mg †
Black Pepper Extract (Piper nigrum(fruit)	5 mg †
Silica (as silicon dioxide)	4 mg †
Boron (as amino acid chelate)	2 mg †
Lutein (Tagetes erecta(flower)	1 mg †
Lycopene	1 mg †
Vanadium (as vanadyl sulfate)	1 mg †
Antoxanthin	50 mcg †
Zeaxanthin	50 mcg †

†Percent Daily Values are based on a 2,000 calorie diet.
‡Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Sodium Carboxymethyl Cellulose, Maltodextrin, Modified Food Starch, Hydroxypropyl Cellulose, Dicalcium Phosphate, Polyethylene Glycol, Titanium Dioxide, Talc, Glycine, Rice Flour, Magnesium Stearate, Palmitic Acid, Stearic Acid, Cornstarch, Hydroxypropyl Methyl Cellulose, Gum Arabic, Glucose Syrup, Mineral Oil, Sodium Ascorbate Crystalline, Sucrose, Acacia, Medium Chain Triglycerides, Dextrin, Silicon Dioxide, Tocopherols, Rice Protein.

ASHLI051-1

Omega-3 Fish Oil

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
Calories 5	
Calories from Fat 5	
Fish Oil Concentrate Provides 300 mg of Omega-3 Fatty Acids (as Ethyl Esters) including:	475 mg
EPA + DHA	285 mg †
Other Omega-3 Fatty Acids	15 mg †

†Daily Value not established.

OTHER INGREDIENTS: Fish Oil (Anchovies and/or Herring and/or Mackerel and/or Sardines), Gelatin, Glycerin, Water, Mixed Natural Tocopherols.
CONTAINS FISH (ANCHOVIES, HERRING, MACKEREL AND SARDINES).

CoQ-10

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
Coenzyme Q-10	100 mg †

†Daily Value not established.

OTHER INGREDIENTS: Gelatin, Soybean Oil, Glycerin, Soy Lecithin, Titanium Dioxide, Chlorophyll.

Cranberry

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	30 mg 50%
Cranberry Fruit Powder (Vaccinium macrocarpon(fruit)	400 mg †

†Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Gelatin, Tri-Calcium Phosphate, Stearic Acid, Magnesium Stearate, Silicon Dioxide.

Vitamin D3

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
Vitamin D3 (as cholecalciferol)	1000 IU 250%

OTHER INGREDIENTS: Soybean Oil, Gelatin, Glycerin, Corn Oil.

Calcium

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Calcium (as Calcium Carbonate)	300 mg 30%
Magnesium (as Magnesium Oxide)	150 mg 38%

OTHER INGREDIENTS: Soybean Oil, Gelatin, Glycerin, Titanium Dioxide.

DISTRIBUTED BY:
Wal-Mart Stores, Inc., Bentonville, AR 72716
PRODUCT OF BRAZIL, CANADA, CHINA, FRANCE, GERMANY, HUNGARY, INDIA, ISRAEL, JAPAN, SOUTH KOREA, MALAYSIA, SPAIN, SWITZERLAND, TAIWAN, UNITED KINGDOM, UNITED STATES

SUGGESTED USE: Adults, take one packet daily, preferably with a meal.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical 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 59° - 86°F (15° - 30°C).

FOR YOUR PROTECTION, DO NOT USE IF OUTER WRAP IS MISSING OR TORN.

• QUALITY GUARANTEED •
Spring Valley™ products are produced under strict quality guidelines. If you are unhappy with this product, we'll replace it or refund your money.
For questions or comments call 1-866-251-1662.
Walmart.com/springvalley

PLEASE RECYCLE

Potential claims are for informational purposes only and not intended to take the place of independent advice and counsel by the customer's own and/or locally hired experts in the fields of Regulatory Affairs, Nutrition Science, and Legal Affairs. Customer shall rely solely on its own experts for advice and recommendation in these fields. For further assistance, please contact your DSM account manager.