

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



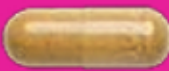
Multivitamin provides a full daily serving of essential vitamins and minerals to help fill nutritional gaps and support cellular health, energy and metabolism.*

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.*

Green Tea Extract



Green Tea Extract for additional antioxidant support. Naturally sourced from green tea leaves with important polyphenols such as EGCG (*Camellia sinensis*).*

L-Carnitine



L-Carnitine helps the body turn fat into energy.*

L-Arginine



L-Arginine, for nitric oxide production in blood vessels.*

L-Glutamine



L-Glutamine, a building block for muscle protein synthesis.*

Vitamin D3



Vitamin D3, the same form created by your body through sunlight, is essential for calcium absorption to support bone 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

Active Women

DIETARY SUPPLEMENT



Vitamins shown at 60% of actual size.

WOMEN'S HEALTH*

Formulated for cellular health, energy and metabolism and muscle function.*

30 DAY SUPPLY

30 PACKETS

Women's Multivitamin

Supplement Facts

Serving Size 2 Tablets

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Vitamin A (as beta-carotene)	5000 IU 100%	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 †
Vitamin C (as ascorbic acid)	200 mg 333%	Alpha Lipoic Acid	50 mg †
Vitamin D3 (as cholecalciferol)	1000 IU 250%	Green Tea Extract (Camellia sinensis) (leaf)	50 mg †
Vitamin E (as dl-alpha-tocopheryl acetate)	30 IU 100%	Cranberry Powder (Vaccinium macrocarpon) (fruit)	25 mg †
Vitamin K (as phytonadione)	80 mcg 100%	Grape Seed Extract (Vitis vinifera) (seed)	25 mg †
Thiamine (Vitamin B1) (as thiamine mononitrate)	80 mg 5333%	Pomegranate Extract (Punica granatum) (fruit)	25 mg †
Riboflavin (Vitamin B2)	80 mg 4706%	Choline (as choline bitartrate)	10 mg †
Niacin (as niacinamide)	35 mg 175%	Inositol	10 mg †
Vitamin B6 (as pyridoxine HCl)	80 mg 4000%	Black Pepper Extract (Piper nigrum) (fruit)	5 mg †
Folate (as folic acid)	800 mcg 200%	Silica (as silicon dioxide)	4 mg †
Vitamin B12 (as cyanocobalamin)	50 mcg 833%	Boron (as amino acid chelate)	2 mg †
Biotin (as d-biotin)	300 mcg 100%	Lutein (Taraxacum officinale) (flower)	1 mg †
Pantothenic Acid (as d-calcium pantothenate)	80 mg 800%	Lycopene	1 mg †
Calcium (as calcium carbonate, dicalcium phosphate, d-calcium pantothenate)	500 mg 50%	Vanadium (as vanadyl sulfate)	1 mg †
Iodine (as potassium iodide)	150 mcg 100%	Asaunanthin	50 mcg †
Magnesium (as magnesium oxide)	250 mg 63%	Zeaxanthin	50 mcg †
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%		

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.

ASFLU049-1

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:	
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).

Green Tea Extract

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Green Tea Leaf Extract (Camellia sinensis) (Total Polyphenols = 220 mg) (EGCG = 125 mg)	500 mg †

†Daily Value not established.

OTHER INGREDIENTS: Hydroxypropyl Cellulose, Microcrystalline Cellulose, Maltodextrin, Dicalcium Phosphate, Hydroxypropyl Cellulose, Palmitic Acid, Magnesium Stearate, Stearic Acid.

L-Glutamine

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
L-Glutamine	600 mg †

†Daily Value not established.

OTHER INGREDIENTS: Soybean Oil, Gelatin, Glycerin, Soy Lecithin, Carb Extract, Beeswax, Palm Oil, Titanium Dioxide.

L-Carnitine

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
L-Carnitine	500 mg †

†Daily Value not established.

OTHER INGREDIENTS: Tartaric Acid, Gelatin, Talc, Palmitic Acid, Stearic Acid, Silica, Magnesium Stearate.

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.

L-Arginine

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
L-Arginine	500 mg †

†Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Gelatin, Silicon Dioxide, Magnesium Stearate, Titanium Dioxide, Palmitic Acid, Sodium Sulfate.

DISTRIBUTED BY:

Wal-Mart Stores, Inc., Bentonville, AR 72716

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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
For questions or comments call 1-866-251-1662.
Wal-Mart.com/springvalley



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