

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 support cellular, brain and eye health, plus healthy skin, nails and hair.*

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.*

Vitamin D3

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

Green Tea Extract

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

Cranberry

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

*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.



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DAILY VITAMIN PACK
Women's
DIETARY SUPPLEMENT



Vitamins shown at 60% of actual size.

♀ WOMEN'S HEALTH*

Formulated for cellular, brain and eye health, healthy skin, nails and hair.*

30 PACKETS

30 DAY SUPPLY

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	10 mg †
Vitamin C (as ascorbic acid)	200 mg 333%	(Acai powder (fruit), Apple powder (fruit), Blueberry powder (fruit), Broccoli powder (sprouts), Carrot powder (root), Cauliflower powder (florist, stem), 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))	
Vitamin D3 (as cholecalciferol)	1000 IU 250%	Alpha Lipoic Acid	50 mg †
Vitamin E (as di-alpha-tocopheryl acetate)	30 IU 100%	Green Tea Extract (Camellia sinensis)(leaf)	50 mg †
Vitamin K (as phytonadione)	80 mcg 100%	Cranberry Powder (Vaccinium macrocarpon)(fruit)	25 mg †
Thiamine (Vitamin B1) (as thiamine mononitrate)	80 mg 5333%	Grape Seed Extract (Vitis vinifera)(seed)	25 mg †
Riboflavin (Vitamin B2)	80 mg 4700%	Pomegranate Extract (Punica granatum)(fruit)	25 mg †
Niacin (as niacinamide)	35 mg 175%	Choline (as choline bitartrate)	10 mg †
Vitamin B6 (as pyridoxine HCl)	80 mg 4000%	Inositol	10 mg †
Folate (as folic acid)	800 mcg 200%	Black Pepper Extract (Piper nigrum)(fruit)	5 mg †
Vitamin B12 (as cyanocobalamin)	50 mcg 833%	Silica (as silicon dioxide)	4 mg †
Biotin (as d-biotin)	300 mcg 100%	Boron (as amino acid chelate)	2 mg †
Pantothenic Acid (as d-calcium pantothenate)	80 mg 800%	Lutein (Tagetes erecta)(flower)	1 mg †
Calcium (as calcium carbonate, dicalcium phosphate, d-calcium pantothenate)	500 mg 50%	Lycopene	1 mg †
Iodine (as potassium iodide)	150 mcg 100%	Vanadium (as vanadyl sulfate)	1 mg †
Magnesium (as magnesium oxide)	250 mg 63%	Astaxanthin	50 mcg †
Zinc (as zinc oxide)	25 mg 167%	Zeaxanthin	50 mcg †
Selenium (as amino acid chelate)	200 mcg 266%		
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%		

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

OTHER INGREDIENTS: Microcrystalline Cellulose, Croscarmellose Sodium, Film Coating (Polyvinyl Alcohol, Titanium Dioxide, Polyethylene Glycol, Talc, Riboflavin), Hydroxypropyl Cellulose, Stearic Acid, Magnesium Stearate.

Omega-3 Fish Oil

Supplement Facts

Serving Size 1 Softgel	
Amount Per Serving	% Daily Value
Calories	5
Calories from Fat	5
Fish Oil Concentrate	475 mg †
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 (Anchovy and/or Sardine and/or Mackerel and/or Herring), Gelatin, Glycerin, Water, Mixed Natural Tocopherols. CONTAINS FISH (ANCHOVY AND/OR SARDINE AND/OR MACKEREL AND/OR HERRING).

CoQ-10

Supplement Facts

Serving Size 1 Softgel	
Amount Per Serving	% Daily Value
Coenzyme Q-10 (Natural)	100 mg †

†Daily Value not established.

OTHER INGREDIENTS: Soybean Oil, Gelatin, Glycerin, Chlorophyll, Titanium Dioxide (Natural Mineral Whitener).

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: Gelatin, Microcrystalline Cellulose, 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: Safflower Oil, Gelatin, Glycerin, Purified Water.

Green Tea Extract

Supplement Facts

Serving Size 1 Capsule	
Amount Per Serving	% Daily Value
Green Tea Leaves Extract (Camellia sinensis) (14% Polyphenols = 35 mg)	250 mg †
Green Tea Leaves Extract (Camellia sinensis) (75% Polyphenols = 187.5 mg)(50% EGCG = 125 mg)	250 mg †

†Daily Value not established.

OTHER INGREDIENTS: Vegetable Cellulose Capsule, Cellulose.

DISTRIBUTED BY:

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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 •

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.

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