

+One serving of Women's Super Foods Multi gummies contains the antioxidant equivalent of one average serving of fruits and vegetables.

10 SUPER FOODS

Say hello to the mother lode from mother earth. These 10 heroic super foods are rich in rare phytonutrients with powerful antioxidant activity to supercharge your health and then some.*



ANTIOXIDANT
EQUIVALENT
1
SERVING
FRUITS & VEGGIES+

60
GUMMIES

DIETARY SUPPLEMENT

WOMEN'S SUPER FOODS MULTI

A complete multivitamin
plus a boost of super
fruits & veggies

30
DAYS

LIVELY ELDERBERRY
with other Natural Flavors

THE SUPED-UP MULTI

Filling half your plate with fruits and veggies can be a daunting task, even for the greenest of goddesses. Not to worry, here's a complete multi packed with the vitamins and minerals you need daily, plus a powerful boost of phytonutrients from 10 of nature's superest foods. Go, super you.

EXPERTLY BLENDED

D3 200% DV VITAMIN D3 | **E** 100% DV VITAMIN E | **B6** 150% DV VITAMIN B6
B12 150% DV VITAMIN B12 | **FA** 100% DV FOLIC ACID | **B7** 125% DV BIOTIN

VEGETARIAN

No Artificial
Flavors or Colors

Gluten
Free

OLLY @OLLYnutrition

Suggested Use: Take 2 gummies daily. No food or water needed. Chew thoroughly before swallowing.

Supplement Facts

Serving Size 2 Gummies / Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	20	Iodine (as potassium iodide)	75 mcg 50%
Total Carbohydrate	4 g 1%†	Zinc (as zinc sulfate)	2.5 mg 17%
Sugars	3 g **	Chromium (as chromium chloride)	60 mcg 50%
Vitamin A (as retinyl palmitate)	2500 IU 50%	Sodium	10 mg <1%
Vitamin C (as ascorbic acid)	45 mg 75%	Choline (as choline bitartrate)	50 mcg **
Vitamin D3 (as cholecalciferol)	800 IU 200%	Inositol	40 mcg **
Vitamin E (as dl-alpha tocopheryl acetate)	30 IU 100%	Boron (as boron citrate)	150 mcg **
Thiamin (Vitamin B1) (as thiamin hydrochloride)	0.38 mg 25%	OLLY Phytonutrient-Rich Super Foods Blend	250 mcg **
Riboflavin (Vitamin B2)	0.43 mg 25%	Grape Extract (seed, skin and pulp); Juice Powders: Elderberry (<i>Sambucus nigra</i> , fruit), Acai (<i>Euterpe oleracea</i> , fruit), Pomegranate (fruit), Blueberry (fruit), Papaya (fruit), Beet (root), Wheat Grass (sprout), Tamarind (fruit); Watercress (aerial parts)	
Niacin (as niacinamide)	10 mg 50%		
Vitamin B6 (as pyridoxine hydrochloride)	3 mg 150%		
Folic Acid	400 mcg 100%		
Vitamin B12 (as cyanocobalamin)	9 mcg 150%		
Biotin (as D-biotin)	375 mcg 125%		
Pantothenic Acid (as calcium-D-pantothenate)	5 mg 50%		

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Other Ingredients: Glucose Syrup, Beet Sugar, Water, Pectin, Natural Flavors, Citric Acid, Blackberry Juice Concentrate, Coloring (from carrot, blueberry).

Find your **OLLY** at **OLLY.com**

Processed in a facility with products that may contain soy, egg, peanuts, tree nuts, milk, fish, shellfish and wheat.

Take only as directed. Do not exceed suggested dosage. If you have a medical condition, are on medication or are pregnant or nursing, please seek the advice of a qualified health care professional before using. Do not use if inner seal is broken or missing.

KEEP OUT OF THE REACH OF CHILDREN

Store in a cool, dry place.

*This statement has 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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