

SWANSON
PREMIUM BRAND
bringing wellness to the world since 1969

Women's Prime Multi

Vitamin Supplement



90 tablets

• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE. • KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take one tablet two times per day with food and water.
WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under age six. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately. Do not take this product if you are pregnant or nursing. Consult your healthcare provider before use if you are taking any prescription medication or if you have a medical condition. Discontinue use if you experience gastrointestinal discomfort. Contains dong quai; avoid lengthy exposure to natural sunlight and other sources of UV light as this product may increase your skin's photosensitivity, resulting in sunburn or skin rash.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A USP (as beta-carotene).....	3,000 IU	60%
Vitamin C USP (as ascorbic acid).....	100 mg	167%
Vitamin D USP (as cholecalciferol).....	60 IU	15%
Vitamin E USP (as d-alpha tocopheryl succinate).....	60 IU	200%
Thiamin (vitamin B-1) (as thiamin HCl).....	5 mg	333%
Riboflavin (vitamin B-2).....	5 mg	294%
Niacin USP (as niacinamide).....	5 mg	25%
Vitamin B-6 USP (as pyridoxine HCl).....	5 mg	250%
Folic Acid USP.....	200 mcg	50%
Vitamin B-12 USP (as cyanocobalamin).....	50 mcg	833%
Biotin USP.....	5 mcg	2%
Pantothenic Acid USP (as d-calcium pantothenate).....	5 mg	50%
Calcium (50 mg from calcium citrate, 4 mg from calcium pyruvate, 1.2 mg from calcium D-glucarate).....	55.2 mg	6%
Iron (from TRAACS® Ferrochel® (ferrous bisglycinate chelate)).....	5 mg	28%
Iodine (from kelp).....	50 mcg	33%
Magnesium (from magnesium oxide).....	30 mg	8%
Zinc (from TRAACS® zinc glycinate chelate).....	7.5 mg	50%
Selenium (from Albion® amino acid complex).....	100 mcg	143%
Manganese (from TRAACS® manganese glycinate chelate).....	2 mg	100%
Chromium (from TRAACS® chromium nicotinate glycinate chelate).....	25 mcg	21%

GLUCARATE™ Calcium D-Glucarate, 10 mg*; Dong Quai (root), 50 mg*; Green Tea (leaves), 50 mg*; Soy Powder, 50 mg*; IP-6 (inositol hexaphosphate) (from calcium phytate), 25 mg*; Korean Ginseng (5% ginsenosides) (root), 15 mg*; Black Cohosh Extract (2.5% irtenoids) (root), 10 mg*; Choline FCC (from choline bitartrate), 10 mg*; GLA (gamma-linolenic acid from borage), 10 mg*; Inositol FCC, 10 mg*; Bilberry Extract (Vaccinium myrtillus) (fruit) (standardized to 25% anthocyanins), 5 mg*; Ginkgo biloba Leaf Extract (standardized to 24% flavone glycosides, 6% terpene lactones), 5 mg*; PABA USP (para-aminobenzoic acid), 5 mg*; Rutin, 5 mg*; Coenzyme Q10, 2 mg*; Boron, 1 mg*.

*Daily Value not established.

Other ingredients: Stearic acid, microcrystalline cellulose (plant fiber), magnesium stearate, croscarmellose sodium, silica, phosphorus (from calcium phytate) 4.25 mg, food glaze.

TO REORDER, CALL TOLL FREE 1-800-437-4148 or visit our website at www.swansonvitamins.com

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