

swanson.com
or call 1-800-437-4148

- Vitamins and minerals from real food sources
- Trio of herbs to aid in stress, urinary tract health and provide powerful antioxidants*

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take three veggie capsules per day with water.

Aquamin™ is a trademark of Marigot Limited.

Biogurt™ is a trademark of Grow Company®, Inc.

Earthlight® is a registered trademark of PLT Health Solutions, Inc. International patents pending.

PANMOL® B-COMPLEX is protected under US Patent 86 79 555 and is a registered trademark of *vis vitalis gmbh*.

Sensoril® is protected under US Patents 6,153,198 and 7,318,938 and is a registered trademark of Natreon, Inc.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center.

WARNING: For adults only. Consult physician if you are pregnant or nursing, taking medication, or if you have a medical condition. Do not use if seal is broken. Store in a cool, dry place.

*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.



Real Food Multi

Supports Health & Well-Being*

WOMEN'S DAILY

DIETARY SUPPLEMENT | 90 VEGGIE CAPSULES

Supplement Facts

Serving Size 3 Veggie Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin A (as vegetarian natural beta-carotene) .. 1501 mcg RAE	167%	
Vitamin C (from acerola extract)	45 mg	50%
Vitamin D [as ergocalciferol from	7.5 mcg	38%
Earthlight® Whole Food (from Agaricus bisporus)]		
Vitamin E [(from Biogurt™)	33.5 mg	223%
(Lactobacillus bulgaricus)]		
Vitamin K2 (from natto)	100 mcg	83%
Thiamin [from PANMOL® B-COMPLEX	0.75 mg	63%
(from Quinoa sprouts)]		
Riboflavin [from PANMOL® B-COMPLEX	0.84 mg	65%
(from Quinoa sprouts)]		
Niacin [from PANMOL® B-COMPLEX	10 mg NE	63%
(from Quinoa sprouts)]		
Vitamin B-6 [from PANMOL® B-COMPLEX	1 mg	59%
(from Quinoa sprouts)]		
Folate [from PANMOL® B-COMPLEX	200 mcg DFE	50%
(from Quinoa sprouts)]		
Vitamin B-12 [from PANMOL® B-COMPLEX	3 mcg	125%
(from Quinoa sprouts)]		
Biotin [from PANMOL® B-COMPLEX	150 mcg	500%
(from Quinoa sprouts)]		
Pantothenic Acid [from PANMOL® B-Complex	5 mg	100%
(from Quinoa sprouts)]		
Calcium [from Aquamin® algae	128 mg	10%
minerals [from Lithothamnion spp.)]		
Iron [from Biogurt™ (Lactobacillus bulgaricus)]	8 mg	44%
Iodine (from kelp)	75 mcg	50%
Magnesium [from Aquamin®	9 mg	2%
algae minerals [from Lithothamnion spp.)]		
Sensoril® Ashwagandha	125 mg	*
(Withania somnifera) (root and leaf extract)		
Cranberry Concentrate (Vaccinium macrocarpon) (fruit) ..	50 mg	*
Turmeric Rhizome Extract (Curcuma longa)	100 mg	*

*Daily Value not established.

Other ingredients: Hypromellose (vegetable capsule), maltodextrin, rice bran, rice extract blend, rice concentrate.
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