

Supplement Facts (continued)

Amount Per Serving %DV

Para-amino benzoic acid (PABA).....	5mg	100%
Protease (10,000 HUT/gm).....	1100HUT	100%
Amylase (5,000 DU/gm).....	100DU	100%
Lipase (5,000 LU/gm).....	5LU	100%
Cellulase (5,000 CU/gm).....	5CU	100%
Papaya Juice Powder.....	10mg	100%
Spirulina.....	200mg	100%
Barley Grass.....	100mg	100%
Dong Quai.....	50mg	100%
Vitex (as chaste tree [berry]).....	50mg	100%
Horsetail (herb).....	50mg	100%
Fo-ti.....	25mg	100%
Schizandra (berries).....	25mg	100%
Nettles (leaf).....	25mg	100%
Carrot Powder.....	10mg	100%
Spinach Powder.....	10mg	100%

*Daily Value not established

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, STEARIC ACID, CROSCARMELOSE SODIUM, HYDROXYPROPYL METHYLCELLULOSE, MAGNESIUM STEARATE, SILICON DIOXIDE.

RECOMMENDED USE: AS A DIETARY SUPPLEMENT ONLY. TAKE 2 TABLETS DAILY WITH MEALS.

NOTE: IF YOU ARE PREGNANT OR LACTATING, CONSULT YOUR HEALTH CARE PRACTITIONER BEFORE USING THIS PRODUCT. **CLOSE TIGHTLY AND KEEP AWAY FROM CHILDREN.** STORE IN A COOL, DRY PLACE. **WARNING:** ACCIDENTAL OVERDOSE OF IRON-CONTAINING PRODUCTS IS A LEADING CAUSE OF FATAL POISONING IN CHILDREN UNDER 6. KEEP OUT OF REACH OF CHILDREN. IN CASE OF ACCIDENTAL OVERDOSE, CALL A DOCTOR OR POISON CONTROL CENTER IMMEDIATELY. CONTAINS NO MILK, EGG, FISH, SHELLFISH, TREE NUT, WHEAT, ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES. **ALLERGEN INFORMATION:** CONTAINS SOY INGREDIENTS.

[†]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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WOMEN'S MULTI VITAMINS

Natural Formula

- Food based to help increase absorption & utilization
- Provides additional support for women's health[†]

60 TABLETS

Performance Nutrition For Every Body

Supplement Facts

Serving Size 2 Tablets

	Amount Per Serving	%DV
Vitamin A (as natural beta-carotene).....	10,000IU	200%
Vitamin C (as magnesium ascorbate).....	200 mg	333%
Vitamin D (as cholecalciferol).....	400IU	100%
Vitamin E (as d-alpha tocopherol).....	30IU	100%
Vitamin K (as phytonadione).....	30mcg	38%
Thiamin (as thiamin mononitrate).....	25mg	1667%
Riboflavin.....	25mg	1471%
Niacin (as niacinamide).....	25mg	125%
Vitamin B6 (as pyridoxine HCL).....	25mg	1250%
Folic Acid.....	400mcg	100%
Vitamin B12 (as cyanocobalamin).....	50mcg	833%
Biotin.....	300mcg	100%
Pantothenic Acid (as calcium pantothenate).....	25mg	250%
Calcium (as 60% calcium carbonate, 40% calcium amino acid chelate).....	500mg	50%
Iron (as iron a.a.c.).....	18mg	100%
(as 56% ferrous bisglycinate, 44% ferrous sulfate)		
Iodine (from kelp).....	100mcg	67%
Magnesium (as magnesium a.a.c.).....	250mg	63%
(as 73% magnesium citrate, 27% magnesium ascorbate)		
Zinc (as zinc citrate).....	15mg	100%
Selenium (as selenomethionine).....	100mcg	143%
Copper (as copper oxide).....	2mg	100%
Manganese (as manganese sulfate).....	2mg	100%
Chromium (as chromium chloride).....	50mcg	42%
Molybdenum (as sodium molybdate).....	10mcg	13%
Potassium (as potassium chloride).....	50mcg	<1%
Vanadium (as vanadium amino acid chelate).....	2mcg	*
Boron (as boron amino acid chelate).....	50mcg	*
Bioflavonoids (from lemon).....	25mg	*
Rutin.....	10mg	*
Choline (as choline bitartrate).....	10mg	*
Inositol.....	10mg	*
Hesperidin.....	10mg	*

