

This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Suggested Usage: As a dietary supplement, adults take 6 tablets daily or as directed by physician. This product is best taken with meals.

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 immediately.

Formulated for:
Martin Avenue Pharmacy, Inc.
"We Make It Better..."
Naperville, IL 60540
(630) 355-6400

#10163



Women's Total Health

MultiVitamin and Mineral

Dietary Supplement

260 Tablets

www.MartinAvenue.com

Supplement Facts

Serving Size 6 tablets
Servings Per Container 43

Amount Per Serving	%Daily Value	Amount Per Serving	%DV		
Vitamin A	12,500 IU	250%	Copper	500 mcg	25%
90% as Vitamin A Palmitate		(from Copper Chelate)			
10% as Beta-Carotene		Manganese	10 mg	500%	
Vitamin C	1500 mg	2500%	(from Manganese Aspartate Complex)		
(Ascorbic Acid)		Chromium	150 mcg	125%	
Vitamin D-3	100 IU	25%	(from Chromium Chelate)		
Vitamin E	400 IU	1333%	Potassium	50 mg	1%
Thiamine	100 mg	6667%	(from Potassium Aspartate Complex)		
Riboflavin	25 mg	1471%	Choline	282 mg	*
Niacin/Niacinamide	40 mg	200%	(from 600 mg Choline Bitartrate)		
Vitamin B-6	300 mg	15,000%	Inositol	25 mg	*
(as Pyridoxine HCl)			PABA	50 mg	*
Folic Acid	400 mcg	100%	Bioflavonoids	250 mg	*
Vitamin B-12	100 mcg	1667%	Rutin	25 mg	*
Biotin	200 mcg	67%	Betaine	76 mg	*
Pantothenic Acid	100 mg	1000%	(from 100 mg Betaine HCl)		
(as d-Calcium Pantothenate)			Pancreatin Equivalent	600 mg	*
Calcium	200 mg	20%	Providing:		
(from Calcium Aspartate Complex)			Amylase Activity	15,000 USP Units	*
Iron (as Ferronyl®)	15 mg	83%	Protease Activity	15,000 USP Units	*
Iodine (from Kelp)	200 mcg	133%	Lipase Activity	1,200 USP Units	*
Magnesium	400 mg	100%			
(from Magnesium Aspartate Complex)					
Zinc	25 mg	167%			
(from Zinc Aspartate Complex)					
Selenium	100 mcg	143%			
(from Selenium Chelate)					

Other ingredients: cellulose, vegetable stearate and silica.

QUALITY AND POTENCY GUARANTEED