

Directions: Take one tablet daily preferably with the first meal of the day.

Indicacion: Tomar una tableta diariamente, preferiblemente con la primera comida del dia.

For Women Only is a unique dietary supplement designed to support the nutritional needs of today's active women.

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.

Made in U.S.A.

upc
7-27413-00407-3

ONLY NATURAL

Est.1986

For Women Only

Once daily multivitamin with added nutritional support for breast and bone health, hair, skin, nails, energy, digestion, and hormonal balance

Dietary Supplement • 60 Tablets

Supplement Facts

Serving size one tablet

A (As Beta Caratone)	5,000 IU	100%	Iron (Peptonate)	18 mg	100%	SUPER FOOD proprietary blend 100mg
D3 (As cholecalciferol)	400I IU	100%	Iodine (From Kelp)	75 mcg	50%	Acai Berry
E (D-alpha Tocopheryl)	30 IU	100%	Selenium (L-Selenomethionine)	50 mcg	*	Cranberry
B-1 (Thiamin)	5 mg	333%	GTF Chromium (yeast Free)	25 mcg	*	Pomegranate
B-2 (riboflavin)	5 mg	294%	Silica	50 mg	*	Royal Jelly
B-3 (niacian/niacinamide)	75mg	125%	Zinc (Picolinate)	2.5 mg	16.5%	Garlic
B-5 (pantothenic Acid)	25 mg	250%	CO FACTOR proprietary blend 100mg			Kelp
B-6 (pyrodoxine)	12.5 mg	625%	Collagen			Spiuliua
B-12 (hydroxacobalamin)	50 mg	833%	Eveng Primrose			Chlorella
D-Biotin	300 mg	100%	CoQ10			HERBAL proprietary blend 100 mg
Folic Acid	400 mg	100%	Green Tea Extract (polyphenols)			Dong Quai Extract
Choline Bitrate	50 mg	*	Omega 3-6-9 (from flax seed)			Blessed Thistle
Inositol	50 mg	*	AMINO ACID proprietary blend 100mg			Red Raspberry
Paba	5 mg	*	L-Arginine			Capsicum
C (Calcium Ascorbate)	60 mg	100%	L-Cysteine			Siberian Ginseng
MINERALS			L-Carnitine			Horse tail
Calcium (Citate, D-glucate)	250 mg	25%	L-Glutathione (reduced)			DIGESTIVE proprietary blend 100 mg
Magnesium (Citate, Oxide)	100 mg	50%	L-Methionine			Acidophilus/ Bifidus (non-milk)
Potassium (Citate, Aspartate)	25 mg	*	L-Ornithine			Bromelain (from Pineapple)
Boron	1 mg	*				Papain (from Papaya)

Only Natural, Inc.

Island Park, NY 11558 U.S.A.

The Exclusive Distributor of Only Natural, Inc. Supplements.

www.onlynaturalinc.com • 1-800-866-2887

Gluten Free

RDA not established *