Bone Health Formula

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin D3 (as cholecalciferol)	20 mcg	100%
Calcium (as carbonate, citrate, bisglycinate chelate, tricalcium phosphate)	500 mg	40%
Magnesium (as oxide)	150 mg	35%

Other ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silicon dioxide, aqueous coating.

Vitamin D3

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Vitamin D3 (as cholecalciferol)	25 mcg	125%

Other ingredients: Safflower oil, gelatin, glycerin, purified water.

Item No. VS-3397 2040954

B-Complex 100

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Thiamin (Vitamin B1) (as thiamin hydrochloride)	100 mg	8330%
Riboflavin (Vitamin B2)	100 mg	7690%
Niacin (as niacinamide)	100 mg NE	625%
Vitamin B6 (as pyridoxine hydrochloride)	100 mg	5880%
Folate	667 mcg DFE (400 mcg folic acid)	170%
Vitamin B12 (as methylcobalamin)	100 mcg	4170%
Biotin (as d-biotin)	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	2000%
Choline (as choline bitartrate)	50 mg	10%
Inositol	100 mg	*

* Daily Value not established.

Other ingredients: Microcrystalline cellulose, dicalcium phosphate, croscarmellose sodium, stearic acid, aqueous coating, silicon dioxide, magnesium stearate, natural vanilla flavor.

Contains: Fish (sardine, anchovy) and Soy.

Does not contain: Gluten, Salt, Preservatives, Artificial Colors or Flavors.

WARNING: Consult your healthcare provider prior to use if you are taking any medication or have any medical conditions.

▼ 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.

DIRECTIONS: Take one Women's Complete Vitamin Pack daily with a meal.

Contents may vary slightly in color and size.

This does not reflect a variation in potency.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if a packet is torn or open.

Distributed by:
Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit
www.vitaminshoppe.com
or call 1-800-223-1216
for more information
and to reorder.

One Daily Women's Multi
Provides a convenient, full daily serving or more of many essential vitamins & minerals.

Omega 3 Fish Oil
Provides EPA & DHA to help support cardiovascular, brain & eye health.

Bone Health
Bone health formula to help support strong, healthy bones.

Vitamin C 1000 with Rose hips
1000 mg to help with immune, cardiovascular & antioxidant support.

B-Complex 100
B-Complex formula to help support energy production, nervous system function & nutrient metabolism.

Vitamin D3 1000 IU
Vitamin D3 for bone health & immune support.

Pills Shown Actual Size

Women's Complete
provides you with the nutrients you need to get through your busy day. Our convenient, once-daily packs support a woman's needs, with a high potency combination of vitamins, minerals, antioxidants, herbs and more to help fill nutritional gaps.

theVitamin Shoppe®

Women's Complete

Vitamin Packs

energy production˅ | antioxidant˅
immune˅ | women's health˅

30 Packets Day Supply | Dietary Supplement

Daily Multivitamin

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	1500 mcg RAE(5000 IU)	170%
Vitamin C (as ascorbic acid)	100 mg	110%
Vitamin D3 (as cholecalciferol)	50 mcg (2000 IU)	250%
Vitamin E (as d-alpha tocopheryl succinate)	25 mg (30 IU)	170%
Vitamin K (as phytonadione)	50 mcg	40%
Thiamine (Vitamin B1) (as thiamine mononitrate)	10 mg	830%
Riboflavin (Vitamin B2)	10 mg	770%
Niacin (Vitamin B3) (as niacinamide)	20 mg NE	130%
Vitamin B6 (as pyridoxine HCl)	10 mg	590%
Folate	1333 mcg DFE (800 mcg folic acid)	330%
Vitamin B12 (as cyanocobalamin)	25 mcg	1040%
Biotin (as d-biotin)	600 mcg	2000%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%
Choline (as choline bitartrate)	50 mg	10%
Calcium (as calcium carbonate, dicalcium phosphate)	200 mg	15%
Iodine (from kelp)	150 mcg	100%
Magnesium (as magnesium oxide)	100 mg	25%
Zinc (as zinc sulfate)	15 mg	140%
Selenium (as selenium amino acid chelate)	55 mcg	100%
Copper (as copper sulfate)	1 mg	110%
Manganese (as manganese sulfate)	2 mg	90%
Chromium (as chromium picolinate)	120 mcg	340%
Molybdenum (as molybdenum amino acid chelate)	80 mcg	180%
Potassium (as potassium chloride)	75 mg	2%
Cranberry Concentrate	400 mg	*
Inositol	25 mg	*
Boron (as amino acid complex)	1 mg	*
Lutein	250 mcg	*

* Daily Value not established.

Other ingredients: Microcrystalline cellulose, aqueous coating, croscarmellose sodium, stearic acid (vegetable source), silicon dioxide, magnesium stearate (vegetable source), titanium dioxide (color), spirulina extract (color).

Omega 3 Fish Oil

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	1%†
Cholesterol	2 mg	1%†
Vitamin E (as d-alpha tocopherol)	3 mg	20%
Fish Oil Concentrate providing:	1000 mg	*
EPA (Eicosapentaenoic Acid)	300 mg	
DHA (Docosahexaenoic Acid)	200 mg	

† Percent Daily Values are based on a 2,000 calorie diet.
* Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water.

Vitamin C with Rose Hips

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	1000 mg	1110%
Rose Hips (*Rosa canina*)(fruit)	10 mg	*

*Daily Value not established.

Other ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silicon dioxide, aqueous coating.