

Suggested Use: As a dietary supplement, take two (2) Capsules in the morning with meal.

CAUTION: Consult with a physician prior to use if you have a medical condition. Don't use if pregnant or lactating.

Vital One Women's Multivitamin provides the perfect balance of vitamins, minerals, antioxidants, and herbs for the unique needs of women. In today's busy world, many women do not get the daily recommended allowance of vitamins, minerals and other nutrients. Vital One helps to bridge the nutrient gap in your diet. It offers immune support, boosts energy, and mental alertness by providing your body with all it needs. Get exactly what you need with a formula that is made specifically for you.*

**KEEP OUT OF REACH OF CHILDREN.
DO NOT USE IF SAFETY SEAL IS
DAMAGED OR MISSING.
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.

Lot # and expiration date printed on bottom of bottle. V4R6

ARAZO NUTRITION

VITAL ONE

WOMEN
COMPLETE MULTIVITAMIN

SUPERFOODS BLEND

**Garden Greens • Whole Foods
Herbs • Fruits • Berries • Seeds**

**6 Essential Elements for Female Vitality
7 Powerful Fruit & Berry Antioxidants
4 Natural Herbs for Immune Health & Energy*
PLUS 20 Vital Multivitamins***

GMP Certified • Lactose Free • Gluten Free Ingredients

150 CAPSULES | DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 75

Amount per Serving	%DV	Amount per Serving	%DV
Vitamin A (Beta-Carotene)	2000IU 40%	Female Vitality Blend	192mg **
Vitamin C (Ascorbic Acid)	150mg 250%	Wild Yam Extract	
Vitamin D (Cholecalciferol)	400IU 100%	Red Clover Extract	
Vitamin E	30IU 100%	Lutein	
(DL-Alpha Tocopherol Acetate 50%)		Cranberry Extract	
Vitamin B1	7mg 466%	Alpha Lipolic Acid	
(Thiamine Mononitrate)		Lycopene	
Vitamin B2 (Riboflavin)	7.5mg 440%	Immune Health Blend	115mg **
Vitamin B3 (Niacin)	30mg 150%	Goldenseal Root	
Vitamin B6 (Pyridoxine HCL)	7.5mg 375%	Echinacea	
Folic Acid	400mcg 100%	Spirulina	
Vitamin B12	27mcg 450%	Garlic	
(Cyanocobalamin)		Antioxidant Fruit & Energy Blend	187mg **
Biotin	300mcg 100%	Green Tea	
Vitamin B5	10mg 100%	Hawthorn Berries	
(D-Calcium Pantothenate)		Cinnamon Bark Extract	
Calcium (Carbonate 38%)	50mg 5%	Bilberry Fruit Extract	
Magnesium (Oxide 58%)	50mg 12.5%	Grape Seed Extract	
Zinc (Oxide 80%)	15mg 100%	Black Currant Fruit Extract	
Selenium (AAC 0.2%)	30mcg 42%	Pomegranate Fruit Extract	
Copper (gluconate 13%)	2mg 100%		
Manganese (chelate 20%)	2mg 100%		
Chromium (Picolinate 20%)	120mcg 100%		
Molybdenum (1% Trif)	75mcg 100%		

** Daily Value (DV) not established

Inactive Ingredients: Cellulose (Vegetable Capsule), Rice Flour, Magnesium Stearate, Silicon Dioxide.



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