

TRADER JOE'S®

WOMEN'S FORMULA

MULTIVITAMIN &
MINERAL

SUPPORTS NAILS,
HAIR & SKIN†

DIETARY
SUPPLEMENT

100 TABLETS

Supplement Facts

Serving Size 3 tablets
Servings Per Container about 33

Amount Per Serving	% Daily Value*
Vitamin A (as beta carotene)	10,000 IU 200%
Vitamin C (as ascorbic acid)	120 mg 200%
Vitamin D-3 (as cholecalciferol)	200 IU 50%
Vitamin E (as natural mixed tocopherols)	30 IU 100%
Thiamine (as thiamine mononitrate)	10 mg 667%
Riboflavin	10 mg 588%
Niacin (as niacinamide)	50 mg 250%
Vitamin B6 (as pyridoxine hydrochloride)	10 mg 500%
Folic Acid	400 mcg 100%
Vitamin B12 (as cyanocobalamin)	18 mcg 300%
Biotin (as D-biotin)	400 mcg 133%
Pantothenic Acid (as calcium pantothenate)	30 mg 300%
Calcium (as calcium carbonate, calcium phosphate)	600 mg 60%
Iron (as carbonyl iron)	6 mg 33%
Phosphorous (as dicalcium phosphate)	100 mg 10%
Iodine (from kelp)	225 mcg 150%
Magnesium (as magnesium oxide)	150 mg 38%
Zinc (as zinc citrate)	15 mg 100%
Selenium (as selenium amino acid chelate)	25 mcg 50%
Manganese (as manganese glycinate)	10 mg 500%

Proprietary Blend: 730 mg
Gelatin, Choline (as choline bitartrate), Horsetail Leaf, Inositol, Ribonucleic Acid (RNA), Betaine (as betaine hydrochloride), Citrus Bioflavonoid Concentrate, D-Methionine, L-Cysteine Hydrochloride, Papain, Cat Straw, Rutin, Omega-3 (salmon oil powder).

*Percent Daily Values are based on a 2,000 calorie diet.

Exp. Date/Lot #: 05/2019 18814-E7

TABLET SIZE

GLUTEN
FREE

OTHER INGREDIENTS: Silicon Dioxide, Cellulose, Cellulose Gum, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source), Tangerine Oil.

Contains Salmon.

Dist. & Sold Exclusively By:
Trader Joe's, 800 S. Shamrock Ave., Monrovia, CA 91016

DIRECTIONS: As a dietary supplement for adults, take 3 tablets daily with a meal or as directed by a physician.

People with medical concerns should check with their physician before using this or any dietary supplement.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

†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.

Store in a cool, dry place away from direct light.
KEEP OUT OF REACH OF CHILDREN



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