



Doctor's Suggested Use: Take 3 tablets daily with a meal.

Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 30

Amount Per Serving			% DV	Amount Per Serving			% DV
Vitamin A (from mixed carotenoids, retinyl palmitate)	5,000 IU		100%	Zinc (as oxide)	15 mg		100%
Vitamin C (as mineral ascorbates, ascorbic acid)	400 mg		667%	Selenium (as selenomethionine)	100 mcg		143%
Vitamin D (as cholecalciferol)	1,000 IU		250%	Copper (as gluconate)	1 mg		50%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU		333%	Manganese (as gluconate)	1.4 mg		70%
Thiamine (as mononitrate)	20 mg		1,333%	Chromium (as polynicotinate)	200 mcg		167%
Riboflavin	20 mg		1,176%	Molybdenum (as chelate)	80 mcg		107%
Niacin (as niacinamide)	40 mg		200%	Women's Heart Healthy Blend			460 mg *
Vitamin B6 (as pyridoxine HCl)	40 mg		2,000%	Citrus Bioflavonoids, Grape Seed Extract, Olive Extract (leaf), Artichoke Extract (leaf), Pomegranate Extract (fruit), Turmeric Extract (rhizome), Black Cherry Extract (fruit), Cocoa Powder, Mixed Tocopherols			
Folate (as Quatrefolic®§ [6S]-5-methyltetrahydrofolic acid glucosamine salt)	100 mcg		25%	Cranberry Extract (fruit)	100 mg		*
Vitamin B12 (as methylcobalamin)	250 mcg		4,167%	Hormone & Breast Health Blend	100 mg		*
Biotin	500 mcg		167%	Flax Lignans, Broccoli Extract (flower)			
Pantothenic Acid (as calcium pantothenate)	40 mg		400%	Silicon (as dioxide)	25 mg		*
Calcium (as carbonate, ascorbate)	100 mg		10%	Lutein (from marigold flower)	2 mg		*
Iodine (from kelp)	200 mcg		133%	Vanadium (as sulfate)	200 mcg		*
Magnesium (as oxide, ascorbate)	250 mg		63%	* Daily Value (DV) not established.			

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, magnesium stearate, hydroxypropyl cellulose, maltodextrin, hydroxypropyl methylcellulose, pharmaceutical glaze, glycerin, titanium dioxide



Gluten Free

Warning: Men should not take this product.

Keep out of reach of children.

§  **Quatrefolic** is a registered trademark of Gnosis S.p.A. and protected by US Patent No. 7,947,662.

‡Graminex G63™ is a trademark of Graminex LLC.