Suggested Usage: Take 3 tablets daily

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

with food.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Contains Xylitol, which is harmful to pets.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

TABLET SIZE

CODE 3797C V11



Tablets Superior Women's Multi •With Cranberry, Alpha Lipoic Acid & CoQ10

· Plus Superfruits - Pomegranate, Acai & Mangosteen



180 Tablets A Dietary Supplement Vegetarian/Vegan

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 3 Tablets Servings F	er Containe	r 60
	Amount Per Serving	% Daily Value
Vitamin A (100% as Beta-Carotene)	10,000 IU	200%
Vitamin C (from Calcium Ascorbate and Ascorbyl Palmitate)	300 mg	500%
Vitamin D (as Ergocalciferol)	1,000 IU	250%
Vitamin E (as d-alpha Tocopheryl Succi	nate) 200 IU	667%
Vitamin K (as Menaquinone K2 and Phytonadione K1)	80 mcg	100%
Thiamin (Vitamin B-1) (from Thiamin HC	CI) 25 mg	1667%
Riboflavin (Vitamin B-2)	25 mg	1471%
Niacin (Vitamin B-3) (as Niacinamide and from Inositol Hexanicotinate)	30 mg	150%
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25 mg	1250%
Folate (as Folic Acid)	800 mcg	200%
Vitamin B-12 (as Methylcobalamin)	200 mcg	3333%
Biotin	300 mcg	100%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	50 mg	500%
Calcium [from Calcium Carbonate (Aquamin® Derived Minerals) and Calcium Ascor		25%
Iron (from Ferrous Bisglycinate) (Ferrochel®)	18 mg	100%
lodine (from Potassium lodide)	150 mcg	100%
Magnesium (from Magnesium Citrate and Aquamin® TG Seaweed Derived	100 mg Minerals)	25%
Zinc (from Zinc Bisglycinate) (TRAACS	B) 15 mg	100%
Selenium (from L-Selenomethionine)	200 mcg	286%
Copper (from Copper Bisglycinate) (TRA	ACS®) 1 mg	50%

Manganese	2 mg	100%	
(from Manganese Bisglycinate) (TRAACS®)			
Chromium (from Chromium Picolinate)	120 mcg	100%	
Molybdenum (from Sodium Molybdate)	75 mcg	100%	
Potassium (from Potassium Chloride)	25 mg	< 1%	
Cranberry (Vaccinium macrocarpon) (Fruit)	100 mg	Ť	
Pomegranate Extract (Fruit)	50 mg		
Organic Acai (<i>Euterpe oleracea</i>) (Fruit Skin and Pulp)	50 mg	t	
Mangosteen Extract (Fruit Peel) (Garcinia mangostana)	50 mg	Ť	
CoQ10 (Coenzyme Q10)	30 mg		
Alpha Lipoic Acid	30 mg	1	
Choline (from Choline Bitartrate)	25 mg		
Inositol	25 mg		
Organic Aloe Vera (Leaf) (Concentrate)	25 mg		
Lycopene (from Natural Tomato Extract)	500 mcg	+	
Lutein (from Marigold Flowers Extract) (Tagetes erecta) (FloraGLO®)	500 mcg	†	

Daily Value not established.

Other ingredients: Microcrystalline Cellulose, Vegetarian Coating [hypromellose (cellulose), calcium carbonate, xvlitol, mct oil (mediumand Croscarmellose Sodium.

Manufactured & Quality Tested by NOW FOODS 395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

ag, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

