

USAGE: Take 2 tablets per day with meals or as directed by your qualified healthcare professional.

Jarrow Formulas® Women's Multi is specially formulated to meet women's nutritional needs:

- Vitamin D promotes calcium absorption, needed for maintaining strong bones.
- For antioxidation protection against free radical damage: **Pomegranate, gamma tocopherol, selenium and grape seed extract.***
- For skin and healthy veins: **Bioflavonoids, grape seed extract and pomegranate extract.***
- For brain and nerve tissue: **Methylcobalamin**, the superior coenzyme form of B₁₂.*

Suitable for vegetarians/vegans.

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.

* 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.

 **Quatrefolic®** is a registered trademark of Gnosis S.p.A.

L-OptiZinc® is a registered trademark of InterHealth Nutraceuticals, Inc.

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Distributed Exclusively by:

Jarrow FORMULAS®

Superior Nutrition and Formulation™

P.O. Box 35994

Los Angeles, CA 90035-4317

www.Jarrow.com

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Lot #. Best Used Before:

Jarrow
FORMULAS®

Two Per Day

Women's Multi

A Comprehensive Multi
with Pomegranate

60
TABLETS

DIETARY
SUPPLEMENT



EASY
SOLV®

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

Amount Per Serving %DV*			Amount Per Serving %DV*		
Vitamin A (as Retinyl Palmitate/Mixed Carotenoids)	1,500 mcg RAE\$ (5,000 IU)	170%	Zinc (L-OptiZinc®) (as Zinc L-Methionine Sulfate)	15 mg	140%
Vitamin C (as Calcium Ascorbate)	200 mg	220%	Selenium (as Methyl-L-Selenocysteine)	35 mcg	60%
Vitamin D ₃ (Cholecalciferol) (from Lichen)	20 mcg (800 IU)	100%	Copper (as Copper Gluconate)	2 mg	220%
Vitamin E (as Natural d-Alpha-Tocopheryl Succinate)	15 mg (22 IU)	100%	Manganese (as Manganese Citrate)	2 mg	90%
Vitamin K ₁ (Phylloquinone)	25 mcg	20%	Chromium (Saccharomyces cerevisiae Nutritional Yeast)	200 mcg	570%
Vitamin B ₁ (as Thiamine Mononitrate)	15 mg	1250%	Molybdenum (as Sodium Molybdate)	75 mcg	170%
Vitamin B ₂ (as Riboflavin)	15 mg	1150%	Potassium (as Potassium Chloride)	20 mg	<1%
Vitamin B ₃ (as Niacin)	16 mg NE§§	100%	Choline (as Choline Bitartrate)	55 mg	10%
Vitamin B ₃ (as Niacinamide)	16 mg NE§§	100%	Pomegranate Fruit Extract (Punica granatum)	50 mg	††
Vitamin B ₆ (as Pyridoxine HCl)	20 mg	1180%	Inositol	50 mg	††
Folate (as Quatrefolic® (6S)-5-Methyl-Tetrahydrofolate Glucosamine Salt)	400 mcg DFE†	100%	Citrus Bioflavonoids Complex	30 mg	††
Vitamin B ₁₂ (as Methylcobalamin)	20 mcg	830%	Grape Skin Extract (Vitis vinifera L.)	25 mg	††
Biotin	300 mcg	1000%	Gamma Tocopherol	20 mg	††
Pantothenic Acid	25 mg	500%	Lycopene (from Tomato Fruit Extract) (Lycopersicon lycopersicum L.)	2 mg	††
Calcium (as Calcium Carbonate, Citrate and Ascorbate)	200 mg	15%	Boron (as Sodium Borate)	1 mg	††
Iron (as Iron Gluconate)	10 mg	60%	§ Retinol Activity Equivalents.		
Iodine (as Potassium Iodide)	150 mcg	100%	§§ Niacin Equivalents.		
Magnesium (as Magnesium Oxide)	100 mg	25%	† Dietary Folate Equivalents.		
			†† Daily Value Not Established.		

Other Ingredients: Cellulose, stearic acid (vegetable source), magnesium stearate (vegetable source), calcium phosphate, maltodextrin, silicon dioxide, natural flavor and a food-grade coating (cellulose and vegetable glycerin).

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Store in a cool, dry place.