

Amount per Serving	% DV
Lutein	1.5 mg **
Silicon (as magnesium trisilicate)	1 mg **
Vanadium (as vanadyl sulfate)	100 mcg **
Zeaxanthin	75 mcg **

†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Other ingredients: cellulose, hypromellose, sodium croscarmellose, magnesium stearate, glycerin, stearic acid, silica

Caution: If you are pregnant, nursing, have a blood clotting disorder, or taking any medications, consult a healthcare professional before use. Individuals with diabetes should monitor blood glucose levels regularly.

GLUTEN FREE. No yeast-derived ingredients, wheat, dairy products, or artificial colors, flavors, or preservatives.

Keep out of reach of children. Safety sealed with printed inner seal. Do not use if seal is broken or missing.



DOCTOR'S choice™ multivitamin

45+ WOMEN

DAILY RX FOR:
BALANCED NUTRITION
IMMUNE SUPPORT*
CELLULAR ENERGY*

180 TABLETS

DIETARY SUPPLEMENT

*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.

Recommendation: Take 6 tablets daily with water. May take 3 tablets twice daily. Best if taken with food.

Supplement Facts

Serving Size 6 Tablets / Servings per Container 30

Amount per Serving	% DV
Calories	10
Total Carbohydrate	3 g 1%†
Vitamin A (as 75% beta carotene and 25% retinyl acetate)	1,500 mcg 167%
Vitamin C (as potassium ascorbate)	300 mg 333%
Vitamin D3 (as cholecalciferol)	20 mcg 100%
Vitamin E (as d-alpha tocopheryl acetate and mixed tocopherols)	40 mg 267%
Vitamin K (as phytonadione)	120 mcg 100%
Thiamin (vitamin B1)	60 mg 5,000%
Riboflavin (vitamin B2)	60 mg 4,615%
Niacin (as niacinamide and niacin)	90 mg 563%
Vitamin B6 (as pyridoxine HCl)	25 mg 1,471%
Folate (600 mcg folic acid)	1,000 mcg DFE 250%
Vitamin B12 (as cyanocobalamin)	800 mcg 33,333%
Biotin	600 mcg 2,000%
Pantothenic Acid (as calcium D-pantothenate)	50 mg 1,000%
Choline (as choline bitartrate)	215 mg 39%
Calcium (as calcium carbonate, tricalcium phosphate, calcium citrate)	800 mg 62%

Amount per Serving	% DV
Iodine (as potassium iodide)	450 mcg 300%
Magnesium (as magnesium aspartate and magnesium oxide)	300 mg 71%
Zinc (as zinc gluconate)	15 mg 136%
Selenium (as selenomethionine)	200 mcg 364%
Copper (as copper gluconate)	2 mg 222%
Manganese (as manganese citrate)	2 mg 87%
Molybdenum (as sodium molybdate)	75 mcg 167%
Sodium	5 mg <1%
Potassium (as potassium aspartate)	100 mg 2%
Cinnamon (Cinnamomum aromaticum) Bark Extract	300 mg **
Ginger Rhizome Extract	90 mg **
Protective Blend: sweet cherry fruit extract, grape seed extract, pomegranate fruit extract, Japanese knotweed root extract standardized to 50% resveratrol (3 mg)	88 mg **
Vegetable Blend: broccoli, cabbage, carrot, collard greens, radish, turnip, mustard greens, kale, spinach	50 mg **
Inositol	30 mg **
Betaine HCl	25 mg **
Cranberry Fruit	25 mg **
Bilberry Fruit Extract	10 mg **
Boron (as sodium borate)	3 mg **



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Green Bay, WI 54311 USA

Questions? 1-800-9NATURE / naturesway.com

For more than 20 years, Doctor's Choice™ multivitamins have been a smart choice for consumers who want a total-body wellness formula with the unique blend of vitamins, minerals and other select nutrients specially tailored to their age and gender.

Doctor's Choice for 45+ Women —Nutrition That Delivers—

In addition to providing a full range of essential vitamins and minerals, Doctor's Choice 45+ Women offers:

- Antioxidants Vitamin C, Vitamin E & Selenium
- Betaine HCl to support digestion*
- Vegetable Blend with broccoli, cabbage, carrot, and more

Each tablet also contains cranberry and whole-some ingredients like bilberry, lutein and zeaxanthin to comprise a comprehensive multivitamin that delivers:

- Immune support*
- Conversion of food into cellular energy*
- Balanced nutrition

It is the right choice for better living!

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