

FORMULATED FOR WOMEN

SUGGESTED USE: As a dietary supplement for adults, take three (3) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner.

Solgar's Female Multiple Tablets are free of yeast, wheat, dairy products and gluten and are formulated without the use of artificial preservatives, flavors or colors.

To assure freshness and potency, store at room temperature 59°-86°F (15°-30°C). Store away from heat, light and moisture.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children.

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.

† Fully reacted chelates, Albion process patent No.'s 5,516,925 and 6,716,814 Chelazomes.

†† Unique form of chelated iron (iron bisglycinate) formulated for maximum absorption without gastrointestinal irritation or the constipating effects that often accompany iron supplementation. Albion process patent No.'s 5,516,925 and 6,716,814.

††† Not Genetically Modified, Soy From Nature.™

*** Naturally occurring; therefore amount may vary.

DO NOT USE IF OUTER BOTTLE SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY.

For more information, call toll-free 1-877-SOLGAR 4

www.solgar.com

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FEMALE MULTIPLE

ADVANCED PHYTONUTRIENT
MULTIPLE VITAMIN, MINERAL
AND HERBAL FORMULA FOR WOMEN

DIETARY SUPPLEMENT

180 TABLETS
SUITABLE FOR VEGETARIANS
SUGAR AND STARCH FREE

CAREFULLY MANUFACTURED BY: **SOLGAR, INC.**
500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 60

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	15	Chromium (as chromium nicotinoglycinate†)	200 mcg167%
Total Carbohydrate	3 g1%*	Molybdenum (as molybdenum glycinate†)	50 mcg67%
Dietary Fiber	2 g8%*	Sodium***	25 mg1%
Protein	1 g2%*	Potassium (as potassium glycinate complex)	99 mg3%
Vitamin A (as natural beta-carotene)	15,000 IU300%	Citrus Bioflavonoids	100 mg**
Vitamin C (as L-ascorbic acid, niacinamide ascorbate)	400 mg667%	Choline (as choline bitartrate)	100 mg**
Vitamin D (as ergocalciferol)	400 IU100%	Inositol	100 mg**
Vitamin E (as D-alpha-tocopheryl succinate)	400 IU1333%	Pantethine	7 mg**
Vitamin K (as phytonadione)	20 mcg25%	Coccarboxylase	6 mg**
Thiamin (as thiamin mononitrate)	50 mg3333%	Pyridoxal-5-Phosphate	6 mg**
Riboflavin	50 mg2941%	Riboflavin-5-Phosphate	6 mg**
Niacin (as niacinamide ascorbate, niacin)	60 mg300%	Boron (as boron glycinate complex)	500 mcg**
Vitamin B6 (as pyridoxine HCl)	50 mg2500%	Dong Quai Extract (4:1) (root) (Angelica sinensis)	25 mg**
Folic Acid	800 mcg200%	Uva Ursi Extract (4:1) (leaf) (Arcostaphylos uva ursi)	25 mg**
Vitamin B12 (as cobalamin)	200 mcg3333%	Chaste Extract (4:1) (berry) (Vitex agnus-castus)	25 mg**
Biotin (as D-biotin)	300 mcg100%	Standardized American Ginseng Extract (root)	25 mg**
Pantothenic Acid (as D-Ca pantothenate)	80 mg800%	(Panax quinquefolium) (ginsenosides 3 mg [10%])	
Calcium (as calcium carbonate, glycinate†, citrate†)	400 mg40%	Milk Thistle Extract (4:1) (seed) (Silybum marianum)	25 mg**
Iron (as iron bisglycinate††)	18 mg100%	Black Cohosh Extract (4:1)	25 mg**
Iodine (as potassium iodide)	150 mcg100%	(root) (Cimicifuga racemosa)	
Magnesium (as magnesium oxide, glycinate†, citrate†)	400 mg100%	Standardized Soy Isoflavone Extract (seed)†††	25 mg**
Zinc (as zinc glycinate†)	30 mg200%	Carotenoid Mix (alpha-carotene, lutein,	172 mcg**
Selenium (as L-selenomethionine)	200 mcg286%	zeaxanthin, cryptoxanthin)	
Copper (as copper glycinate†)	1.5 mg75%		
Manganese (as manganese glycinate†)	2 mg100%		

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

**Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Stearic Acid, Titanium Dioxide, Red Beet Powder (color), Vegetable Magnesium Stearate, Vegetable Glycerin.

