

Bilberry.....	50 mg	*
Pomegranate powder.....	15 mg	*
Alpha Lipoic Acid.....	50 mg	*
Grapeseed extract.....	20 mg	*
Soy (non-GMO).....	30 mg	*
Cranberry (CranMax®).....	25 mg	*
Lemon bioflavonoid complex.....	200 mg	*
Cinnamon Powder.....	100 mg	*
Tomato Powder.....	10 mg	*
Pepsin.....	5 mg	*
Lipase.....	5 mg	*
Papain.....	15 mg	*
Bromelain.....	5 mg	*
Ginger root extract.....	60 mg	*
Boron.....	3000 mcg	*
Vanadium.....	2 mcg	*

* Daily Value not established.

Other Ingredients: Cellulose, magnesium stearate (vegetable source), silicon dioxide, modified cellulose gum, stearic acid (vegetable source), betaine HCl, cinnamon oil, glycerin.

Keep Out of Reach of Children

SUGGESTED USE: Take 3 tablets daily, preferably with food.

CONTAINS NO sugar, starch, artificial colors or flavors, preservatives, wheat, gluten, grain, egg, or milk products.

†These statements have not been evaluated by the FDA. This product is not intended to diagnose, cure or prevent any disease.

seniorlifehealth.com

Healthy Living Inc. Green Valley, NV 800-969-5131



SeniorLife
HEALTH

WOMEN'S MULTI 45 PLUS DAILY ESSENTIALS



**Complete Nutritional Support
for Mature Women†**

90 VEGETARIAN TABLETS

45+ Important Vitamins
Minerals & Supplements

Supplement Facts

Serving Size 3 Tablets

Amount Per 3 Tablets	% Daily Value	
Vitamin A (as beta-carotene).....	5000 IU	100%
Vitamin C (as ascorbic acid).....	300 mg	500%
Vitamin D3 (as cholecalciferol).....	400 IU	100%
Vitamin E (d-alpha tocopheryl succinate).....	75 IU	250%
Thiamin (as thiamine mononitrate).....	60 mg	4000%
Riboflavin.....	60 mg	3529%
Niacin (as nicotinic acid).....	20 mg	100%
Vitamin B6 (as pyridoxine HCl).....	60 mg	3000%
Folic Acid.....	800 mcg	200%
Vitamin B12 (as cyanocobalamin).....	400 mcg	6667%
Biotin.....	600 mcg	200%
Pantothenic acid (as d-calcium pantothenate).....	50 mg	500%
Calcium (from calcium citrate).....	240 mg	24%
Iron (from ferrous fumarate).....	10 mg	56%
Iodine (from potassium iodide).....	150 mcg	100%
Magnesium (from magnesium oxide).....	240 mg	60%
Zinc (from zinc oxide).....	15 mg	100%
Selenium (from sodium selenate).....	200 mcg	286%
Copper (from cupric oxide).....	2 mg	100%
Manganese (from manganous gluconate).....	2 mg	100%
Chromium (from chromium chloride).....	200 mcg	167%
Molybdenum (from sodium molybdate).....	45 mcg	60%
Inositol.....	30 mg	*
Choline (bitartrate).....	215 mg	*
Lutein (LuteMax®).....	3 mg	*
Zeaxanthin.....	75 mcg	*

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