

**ONE DAILY  
WOMEN'S  
NO IRON**

immune support<sup>▼</sup>

energy production<sup>▼</sup>

cardiovascular health<sup>▼</sup>

**MULTIVITAMIN • MULTIMINERAL**

Dietary Supplement **180** Tablets



Gluten-Free



Dairy-Free



Soy-Free



Nut-Free

actual size

**Supplement Facts**

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	1500 mcg RAE (5000 IU)	170%
Vitamin C (as ascorbic acid)	100 mg	110%
Vitamin D3 (as cholecalciferol)	50 mcg (2000 IU)	250%
Vitamin E (as d-alpha tocopheryl succinate)	25 mg (30 IU)	170%
Vitamin K (as phytonadione)	50 mcg	40%
Thiamine (Vitamin B1) (as thiamine mononitrate)	10 mg	830%
Riboflavin (Vitamin B2)	10 mg	770%
Niacin (as niacinamide)	20 mg NE	130%
Vitamin B6 (as pyridoxine HCl)	10 mg	590%
Folate	1360 mcg DFE (800 mcg folic acid)	340%
Vitamin B12 (as cyanocobalamin)	25 mcg	1040%
Biotin (as d-biotin)	600 mcg	2000%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%
Choline (as choline bitartrate)	50 mg	10%
Calcium (as calcium carbonate, dicalcium phosphate)	200 mg	15%
Iodine (from kelp)	150 mcg	100%
Magnesium (as magnesium oxide)	100 mg	25%
Zinc (as zinc sulfate)	15 mg	140%

	Amount Per Serving	% Daily Value
Selenium (as selenium amino acid chelate)	55 mcg	100%
Copper (as copper sulfate)	1 mg	110%
Manganese (as manganese sulfate)	2 mg	90%
Chromium (as chromium picolinate)	120 mcg	340%
Molybdenum (as molybdenum amino acid chelate)	80 mcg	180%
Potassium (as potassium chloride)	75 mg	2%
Cranberry Concentrate	400 mg	*
Inositol	25 mg	*
Boron (as amino acid complex)	1 mg	*
Lutein	250 mcg	*

\* Daily Value not established.

**OTHER INGREDIENTS:** Microcrystalline cellulose, aqueous coating, croscarmellose sodium, stearic acid (vegetable source), silicon dioxide, magnesium stearate (vegetable source), titanium dioxide (color), spirulina extract (color).

**DOES NOT CONTAIN:** Gluten, Salt, Preservatives, Artificial Colors or Flavors.

**DIRECTIONS:** Take one (1) tablet daily, preferably with a meal.

**WARNING:** Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

▼ **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.**

**STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN. TAMPER EVIDENT** Do not use if outer seal is broken or missing.

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