

FREE OF: Gluten, Wheat, Dairy, Yeast, Sugar, Artificial Flavor and Preservatives.

Not intended for use by pregnant or nursing women. If taking any medications, planning any medical or surgical procedure, have any medical condition, or are planning to undergo any clinical lab testing, please consult your healthcare practitioner before taking any dietary supplement. Some supplements may interact with certain medications and/or interfere with certain lab tests. Avoid this product if you are allergic to ragweed or daisy-like flowers. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. If you have a liver disorder or develop symptoms of liver trouble, such as yellowing of the skin or eyes, or if you experience any unusual bleeding or bruising, stop use and consult your doctor immediately. Do not use if inner seal is missing or damaged.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

† Abiron® is a registered trademark of Abiron Laboratories

†† Some iron supplements cause gastrointestinal irritation and constipating effects. This unique form of chelated iron (iron bisglycinate) is formulated for enhanced absorption and is gentle on your system. Abiron® is a registered trademark of Abiron Laboratories.

††† Not Genetically Modified. Soy From Nature®

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

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Prod 1063

SOLGB52795 07F

14-01063X3S

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

DIETARY SUPPLEMENT

60 TABLETS
SUITABLE FOR VEGANS
GLUTEN, WHEAT & DAIRY FREE



SOLGAR®
Since 1947

FEMALE MULTIPLE

ADVANCED PHYTONUTRIENT
MULTIPLE VITAMIN, MINERAL
AND HERBAL FORMULA FOR WOMEN

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Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 20

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as natural beta-carotene).....	4,500 mcg.....500%	Copper (as copper glycinate chelate).....	1.5 mg.....16%
Vitamin C (as L-ascorbic acid) niacinamide ascorbate).....	400 mg.....44%	Manganese (as manganese glycinate chelate).....	2 mg.....87%
Vitamin D	10 mcg (400 IU).....50%	Chromium (as chromium nicotinate glycinate chelate).....	200 mcg.....571%
Vitamin E (as D-alpha-tocopheryl acetate).....	268 mg.....1,78%	Sodium (as polypotassium glycolate).....	50 mcg.....111%
Vitamin K (as Phytylphosphatide), 20 mcg.....17%		Sodium (as potassium amino acid complex).....	15 mg.....<1%
Biotin (as thiamin mononitrate)	50 mcg.....4,16%	Potassium	99 mg.....2%
Niacin (as niacinamide ascorbate, niacin)	50 mg.....3,84%	Iron (as iron bisglycinate chelate).....	100 mg.....100%
Folate (as pyridoxine HCl)	50 mcg.....375%	Pantothine	7 mg.....100%
Folate (800 mcg folic acid)	1,333 mcg DFE.....333%	Coccarboxylase	6 mg.....100%
Vitamin B12 (as cyanocobalamin)	200 mcg.....8,333%	Riboflavin-5-Phosphate	6 mg.....100%
Vitamin B6 (as pyridoxine HCl)	300 mcg.....1,000%	Boron (as boron amino acid complex).....	500 mcg.....100%
Pantoic acid (as D-Ca pantothenate)	80 mg.....1,600%	Dopa-Qual Extract (4:1 (root) (Apocynum androsaemifolium)	25 mg.....100%
Choline (as choline bitartrate)	100 mg.....18%	Uva-Ursi Extract (4:1) (leaf) (Arctostaphylos uva-ursi)	25 mg.....100%
Calcium (as calcium carbonate glycinate chelate, citrate)	400 mg.....31%	Chaste Extract (4:1) (berry).....	25 mg.....100%
Iodine (as potassium iodide)	18 mcg.....100%	Wax agnus-castus (root) (Paeonia officinalis) (standardized to contain 2.5 mg ginsenosides (10%))	25 mg.....100%
Magnesium (as magnesium oxide, citrate, glycinate chelate)	400 mg.....95%	Milk Thistle Extract (4:1).....	25 mg.....100%
Zinc (as zinc picolinate chelate, histidine chelate, oxide)	30 mg.....273%	Black Cohosh Extract (4:1).....	25 mg.....100%
Selenium (as L-selenomethionine)	200 mcg.....364%	Soy Germ Extract†† (alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	172 mcg.....100%

Daily Value (DV) not established

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Stearic Acid, Black Carrot Powder (color), Vegetable Magnesium Stearate, Vegetable Glycerin, Titanium Dioxide (color), Mannitol, Natural Palm Leaf Glaze, Maltodextrin. Contains soy.

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