



NUTRIENT OPTIMIZATION SYSTEM[▲]

OPTI-WOMEN[™]

HIGH-POTENCY

40+ INGREDIENTS

60
CAPSULES

DIETARY SUPPLEMENT

SUGGESTED USE: For women, consume 2 capsules daily with food.

MANUFACTURED BY
OPTIMUM NUTRITION  975 Meridian Lake Dr.,
Aurora, IL 60504

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene, vitamin A palmitate)	5,000 IU 100%
Vitamin C (as ascorbic acid)	250 mg 417%
Vitamin D (as cholecalciferol)	600 IU 150%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU 333%
Vitamin K (as phytonadione)	80 mcg 100%
Thiamin (as thiamin hydrochloride)	20 mg 1333%
Riboflavin	20 mg 1176%
Niacin (as niacinamide)	20 mg 100%
Vitamin B ₆ (as pyridoxine hydrochloride)	20 mg 1000%
Folic Acid	600 mcg 150%
Vitamin B ₁₂ (as cyanocobalamin)	100 mcg 1667%
Biotin	250 mcg 83%
Pantothenic Acid (as d-calcium pantothenate)	20 mg 200%
Calcium (as calcium carbonate, citrate)	150 mg 15%
Iron (as Iron A.A. chelate)	18 mg 100%
Iodine (as kelp)	200 mcg 133%
Magnesium (as magnesium oxide, aspartate)	75 mg 19%
Zinc (as zinc citrate)	15 mg 100%
Selenium (as selenomethionine)	70 mcg 100%
Copper (as copper gluconate)	2 mg 100%
Manganese (as manganese gluconate)	5 mg 250%
Chromium (as chromium GTF)	120 mcg 100%
Molybdenum (as molybdenum A.A. chelate)	70 mcg 93%
Dong Quai (<i>Angelica sinensis</i>) 4:1 Root Extract	80 mg †
Chasteberry (<i>Vitex agnus-castus</i>) 4:1 Berry Extract	50 mg †
Garcinia Extract (<i>Garcinia cambogia</i>)(rind) (standardized to 52% HCA)	50 mg †
Uva Ursi, powdered (leaf)	50 mg †
Horse Chestnut Extract (<i>Aesculus hippocastanum</i>) (root)(standardized to 20% aescin)	25 mg †
Alpha Lipolic Acid	20 mg †
Butchers Broom, powdered (root)	15 mg †
Ostivone [®] (as isopropoxy isoflavone)	10 mg †
Grape Seed Extract (<i>Vitis vinifera</i>)(seed) (standardized to 95% polyphenols)	10 mg †
Deodorized Garlic, powdered (bulb)	10 mg †
Citrus Bioflavonoids (fruit)	10 mg †
Soy Isoflavones	2 mg †
Lycopene (as LYC-O-MATO [®] natural tomato lycopene)	250 mcg †
Lutein	250 mcg †
Alpha-Carotene	93.5 mcg †
Cryptoxanthin	22.8 mcg †
Zeaxanthin	18.7 mcg †
† Daily Value not established.	

OTHER INGREDIENTS: Hypromellose, Magnesium Stearate, Calcium Phosphate, Microcrystalline Cellulose, Silica.

ALLERGEN INFORMATION: CONTAINS SOY INGREDIENTS.

LYC-O-MATO[®] IS A TRADEMARK OF LYCORED NATURAL PRODUCTS INDUSTRIES, LTD.

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TRUE STRENGTH[®]
WWW.OPTIMUMNUTRITION.COM



1 (800) 705-5226
TRUESTRENGTH.COM



MANUFACTURED IN THE USA
This product contains ingredients
of international and domestic origin

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.

WARNING: CONSULT YOUR

PHYSICIAN BEFORE USING THIS
PRODUCT IF YOU ARE TAKING ANY
MEDICATION OR ARE UNDER A
PHYSICIAN'S CARE FOR A MEDICAL
CONDITION. NOT FOR USE BY
THOSE UNDER THE AGE OF 18, OR
WOMEN THAT ARE PREGNANT,
TRYING TO GET PREGNANT, OR
NURSING. STORE IN A COOL DRY
PLACE.



FPO UPC



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*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.

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