See Supplement Facts for specific product details Recommendations: As a dietary supplement take 3 capsules, 1-2 times daily, with meals. Tamper Resistant: Use only if safety seal

Warning: Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication particularly blood thinning medication, consult your health professional



This product contains calcium D-glucarate, the use of which is licensed from Applied





Women's Nutrients

Multivitamin/mineral complex

for women over 40

hypoallergenic DIETARY SUPPLEMENT

180 CAPSULES

Supplement Facts

ings per container, 60

Vitamin A (as beta carotene)	3,750 IU	75%
Vitamin C (as ascorbic acid)	125 mg	208%
Vitamin D (as cholecalciferol) (D ₃)	500 IU	125%
Vitamin E (as d-alpha tocopherol succinate)	50 IU	167%
Vitamin K (as vitamin K ₁)	50 mcg	63%
Thiamin (as thiamin HCI) (B ₁)	12.5 mg	833%
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	17.35 mg	1,021%
Niacin (as niacin and 67% niacinamide)	37.5 mg	188%
Vitamin B _s (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B _s))	10.4 mg	520%
Folate (as Metafolin®, L-5-MTHF)	400 mog	100%
Vitamin B ₁₂ (as methylcobalamin)	250 mog	4,167%
Biotin	1 mg	333%
Pantothenic acid (as calcium pantothenate)	B ₄) 25 mg	250%
Calcium (as calcium citrate)	200 mg	20%

100 mcg

acts			Magnesium (as magnesium citrate)	50 mg		Green tea (Camellia sinensis) leaf 50 mg	
			Zinc (as zinc citrate)	7.5 mg	50%	(standardized to contain 65% total tea catechins	
			Selenium (as selenomethionine)	100 mcg	143%	and 23% epigallocatechin gallate (EGCG)) Turmeric (Curcuma longa) extract (root) 50 mg	÷
Amount	Per Serving	% Daily Value	Manganese (as manganese citrate)	1 mg	50%	(standardized to contain 95% curcuminoids)	
	3,750 IU	75%	Chromium (as chromium polynicotinate)	100 mcg	83%	Calcium-d-glucarate 25 mg	
	125 mg	208%	Potassium (as potassium citrate)	50 mg	1%	Cardio Polyphenol Complete ²	
	500 IU	125%	Boron (as boron glycinate)	1 mg		Red wine (Vitis viniferal concentrate 50 mg	
uccinate)	50 IU	167%	Vanadium (as bis-glycinato oxo vanadium)	50 mcg		(whole grape)	
OCCITIONO)	50 mcg	63%	Proprietary mixed carotenoid blend	212 mcg		(standardized to contain 25% total polyphenols) Grape (Vitis vinifera) extract (seed) 50 mg	
	12.5 mg	833%	(as lutein, lycopene, zeaxanthin)		-	(standardized to contain 92% polyphenols)	
	17.35 mg	1.021%	Choline bitartrate	50 mg		Pomegranate (Punica granatum) extract 25 mg	
ated B ₃ II)	17.00 mg		Inositol	62.5 mg	-	(whole fruit)	
mide)	37.5 mg	188%	Alpha lipoic acid	37.5 mg	,	(standardized to contain 40% punicosides)	4
IIIGO)	10.4 mg	520%	Cranberry (Vaccinium macrocarpon)	50 mg	,	StressCalm Blend ^a	
ated Ball		02075	concentrate (fruit)			Rhodiola (Rhodioa rosea) extract (root) 50 mg	Ī
ated Dill	400 mcg	100%	MacularSynergy Complex ^t			(standardized to contain 3% total rosavins and 1% salidroside)	
	250 mog	4,167%	Lutein	3 mg			H
	1 mg	333%	Zeaxanthin	500 mcg		Lemon balm (Melissa officinalis) extract (leaf) 25 mg (standardized to contain 5% rosmarinic acid)	

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om Norway spruce knot wood)

MRlignan" (containing 7-hydroxymatairesinol) 5 mg

*Daily value not established

50 mg fized to contain 25% total polyphenols) ape (Vitis viniferal extract (seed) 50 ma tandardized to contain 92% polyphenols) egranate (Punica granatum) extract 25 mg