



WHOLE FOOD Women's 50+ MULTIVITAMIN

- Fermented Whole Food Multivitamin
- Energy and Metabolism[®]
- Cardiovascular Health[®]
- Immune Support[®]
- Bone Health[®]

60 Vegetarian Capsules
Dietary Supplement



Supplement Facts

Serving Size 2 Vegetarian Capsules
Servings Per Container 30

	Amount Per Serving	% DV
Vitamin A (as beta-carotene)	3000 mcg (5000 IU)	333%
Vitamin C†	70 mg	78%
Vitamin D†	10 mcg (400 IU)	50%
Vitamin E†	25 mg (37 IU)	167%
Vitamin K†	80 mcg	67%
Vitamin B1†	1.5 mg	125%
Vitamin B2†	1.7 mg	131%
Niacin†	20 mg	125%
Vitamin B6†	2 mg	118%
Folate†	1360 mcg DFE (800 mcg folic acid)	340%
Vitamin B12†	12 mcg	500%
Biotin†	300 mcg	1000%
Pantothenic Acid†	10 mg	200%
Calcium†	10 mg	1%
Iron†	3 mg	17%
Iodine†	150 mcg	100%
Magnesium†	10 mg	2%
Zinc†	15 mg	136%

	Amount Per Serving	% DV
Selenium†	70 mcg	127%
Copper†	2 mg	222%
Manganese†	1 mg	43%
Chromium†	120 mcg	343%
Molybdenum†	75 mcg	167%
Potassium†	3 mg	<1%
Cultured Vegetable Blend	90 mg	*
(Proprietary blend of Tomato, Pea, Carrot, Spinach, Pepper)		
Cultured Fruit Blend	70 mg	*
(Proprietary blend of Cherry, Banana, Apple, Strawberry, Blueberry)		
Cultured Women's Herbal Blend	65 mg	*
(Proprietary blend of Red Clover, Reishi, Shiitake, Maitake, Cranberry, Red Raspberry)		
Cultured Sprout Blend	15 mg	*
(Proprietary blend of Amaranth, Quinoa, Millet)		
Cultured Spice Blend	6 mg	*
(Proprietary blend of Cinnamon, Allspice, Clove)		

	Amount Per Serving	% DV
Essential Glyconutrient Blend	5 mg	*
(Mannose, Galactose and Xylose from <i>Coffea arabica</i> and <i>Aloe barbadensis</i>)		
Astaxanthin	2 mg	*
* Daily Value (DV) not established.		

Other Ingredients: Vegetarian capsule (modified cellulose, water), organic rice hull powder.

Natural variability in color may occur in this product.

This does not reflect a variation in potency.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT

Do not use if outer seal is broken or missing.

Distributed by: The Vitamin Shoppe, Secaucus, NJ 07094
Visit www.vitaminshoppe.com call 1-866-293-3367.

Item No. VS-1805

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DIRECTIONS:

Take two (2) vegetarian capsules per day. For best results, take with a meal.

WARNING:

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 immediately.