



## WHOLE FOOD Women's 50+ MULTIVITAMIN

- Fermented Whole Food Multivitamin
- Energy and Metabolism<sup>o</sup>
- Cardiovascular Health<sup>o</sup>
- Immune Support<sup>o</sup>
- Bone Health<sup>o</sup>

120 Vegetarian Capsules | Dietary Supplement



## Supplement Facts

Serving Size 2 Vegetarian Capsules  
Servings Per Container 60

|                              | 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%  |
| Selenium†                    | 70 mcg                            | 127%  |
| Copper†                      | 2 mg                              | 222%  |
| Manganese†                   | 1 mg                              | 43%   |
| Chromium†                    | 120 mcg                           | 343%  |
| Molybdenum†                  | 75 mcg                            | 167%  |
| Potassium†                   | 3 mg                              | <1%   |

Amount Per Serving % DV

**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)

**Essential Glyconutrient Blend** 5 mg \*  
(Mannose, Galactose and Xylose from *Coffea arabica* and *Aloe barbadensis*)

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.

<sup>o</sup> 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.

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

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

**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.

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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