## FOR A HEALTHIER HER **OVER 40 FOUNDATIONAL NUTRIENTS**

DESIGNED FOR WOMEN. BY WOMEN

SUGGESTED USE: Take 2 capsules daily with food, or as directed by your healthcare professional.

CAUTION: Pregnant or nursing mothers, children under the age of 18, or individuals with a known medical condition should consult a physician before using this or any dietary supplement.

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 center immediately.











GLUTEN, SOY, EGGS, DAIRY, TREE NUTS, PRESERVATIVES OR ANIMAL PRODUCTS





## **WOMEN'S** MULTIVITAMIN

VITAMINS & MINERALS FOR DAILY SUPPORT







## **Supplement Facts** Serving Size: 2 Capsules Servings Per Container: 30 Amount Per Serving %0 Vitamin A Manganese (Gluconate) 2 mg 87% 6000 IU (Reta-Carntene) Vitamin K 100 mcg 83% (Phytonadione) Vitamin C 150 mg 1679 (Ascorbic Acid) Copper (Gluconate) 2 mg 222 Vitamin D 1000 III (Cholecalciferof) Calcium (Citrate) 100 mg 8% Vitamin F Selenium (Chelate) 50 mca 919 30 IU 1349 (D-Alpha Tocopherol 15 mg 138 Zinc (Glycinate) Vitamin B1 (Thiamin) 25 mg 20839 Iron (Chelate) 18 mg 289 Vitamin R2 25 mg 1923% (Riboflavio) Molybdenum (Chelate) 75 mcg 167 Vitamin B3 (Niacin 25 mg 1569 Magnesium (Chelate) 50 mg 2% Vitamin R5 Chromium (Nicotinate) 120 mcg 439 25 mg 5009 (Pantothenic Acid) Female Nourishing Blend 200 mg Vitamin R6 Dong Quai. Red Clover Extract 25 mg 1471% (Pyridoxine HCI) Cranberry Extract, Alpha-Lipoic Acid, Lycopene, Lutein Vitamin R12 50 mca 20839 (Methylcobalamin Antioxidant & Fruit 300 mg 300 mca 10006 Energy Blend Spiruling Spinach Kale Grape Seed Folate (Folic Acid) 400 mcg 1679 Extract. Citrus Bioflavonoids (fruit), Black Current Fruit Extract, Pomegranate Cholina 20 ma Extract, Bilberry Extract, Garlic, Beet Root Ceylon Cinnamon, Echinacea, Goldensea 20 ma \*Daily Value (DV) not established. Percent daily values are based on a 2,000 calorie die

Other Ingredients: Vegetable Cellulose Capsule



