

Amount per Serving	% DV	
Lutein	1.5 mg	**
Silicon (as magnesium trisilicate)	1 mg	**
Vanadium (as vanadyl sulfate)	100 mcg	**
Zeaxanthin	75 mcg	**
†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.		

Other ingredients: cellulose, hypromellose, sodium croscarmellose, magnesium stearate, glycerin, stearic acid, silica

Warning: Do not use if you are pregnant, nursing, or if you have known hypersensitivity to iodine or hyperthyroidism. If you have a blood clotting disorder, or if you are taking any medications, consult a healthcare professional before use. Individuals with diabetes should monitor blood glucose levels regularly.

GLUTEN FREE. No yeast-derived ingredients, wheat, dairy products, or artificial colors.

Keep out of reach of children. Safety sealed with printed inner seal. Do not use if seal is broken or missing.

◆ LS00080.R02 BLK8R

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Green Bay, WI 54311 USA

Questions? 1-800-9NATURE / naturesway.com



DOCTOR'S choice™ multivitamin

45+ WOMEN

DAILY RX FOR:
BALANCED NUTRITION
IMMUNE SUPPORT*
CELLULAR ENERGY*

180 TABLETS

DIETARY SUPPLEMENT

*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.

Recommendation: Take 6 tablets daily with food. May take 3 tablets twice daily.

Supplement Facts

Serving Size 6 Tablets / Servings per Container 30

Amount per Serving	% DV	
Calories	10	
Total Carbohydrate	3 g	1%†
Vitamin A (as 75% beta carotene and 25% retinyl acetate)	1,500 mcg	167%
Vitamin C (as potassium ascorbate)	300 mg	333%
Vitamin D3 (as cholecalciferol)	20 mcg	100%
Vitamin E (as d-alpha tocopheryl acetate and mixed tocopherols)	40 mg	267%
Vitamin K (as phytonadione)	120 mcg	100%
Thiamin (vitamin B1)	60 mg	5,000%
Riboflavin (vitamin B2)	60 mg	4,615%
Niacin (as niacinamide and niacin)	90 mg	563%
Vitamin B6 (as pyridoxine HCl)	25 mg	1,471%
Folate (600 mcg folic acid)	1,000 mcg DFE	250%
Vitamin B12 (as cyanocobalamin)	800 mcg	33,333%
Biotin (as calcium D-pantothenate)	600 mcg	2,000%
Pantothenic Acid (as calcium D-pantothenate)	50 mg	1,000%
Choline (as choline bitartrate)	215 mg	39%
Calcium (as calcium carbonate, tricalcium phosphate, calcium citrate)	800 mg	62%

Amount per Serving	% DV	
Iodine (as potassium iodide)	450 mcg	300%
Magnesium (as magnesium aspartate and magnesium oxide)	300 mg	71%
Zinc (as zinc gluconate)	15 mg	136%
Selenium (as L-selenomethionine)	200 mcg	364%
Copper (as copper gluconate)	2 mg	222%
Manganese (as manganese citrate)	2 mg	87%
Molybdenum (as sodium molybdate)	75 mcg	167%
Sodium	5 mg	<1%
Potassium (as potassium aspartate)	100 mg	2%
Cinnamon (Cinnamomum spp.) Bark Extract	300 mg	**
Ginger Rhizome Extract	90 mg	**
Protective Blend: sweet cherry fruit extract, grape seed extract, pomegranate fruit extract, Japanese knotweed root extract standardized to 50% resveratrol (3 mg)	88 mg	**
Vegetable Blend: broccoli, cabbage, carrot, collard greens, radish, tomato, mustard greens, kale, spinach	50 mg	**
Inositol	30 mg	**
Betaine HCl	25 mg	**
Cranberry Fruit	25 mg	**
Bilberry Fruit Extract	10 mg	**
Boron (as sodium borate)	3 mg	**