



ANCIENT MULTI

Women's 40+ Once Daily

20 Vitamins and Minerals
Ancient Superfoods
Adaptogenic Herbs
Dong Quai Extract
Vitamin K2 (MK-7)



**WHOLE FOOD DIETARY
SUPPLEMENT | 30 CAPSULES**

Suggested Use: Adults take 1 capsule per day with 8oz of water or your favorite beverage. Can be taken with or without food.

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 30

	Amount Per Serving	%DV
Vitamin A (as 100% beta-carotene*)	1463 mcg	163%
Vitamin C*	30 mg	33%
Vitamin D*	50 mcg (2000IU)	250%
Vitamin E (as d-alpha tocopherol succinate)	24 mg	160%
Vitamin K (as menaquinone-7)	90 mcg	75%
Thiamin*	2.1 mg	175%
Riboflavin (as riboflavin-5 phosphate)	5.1 mg	392%
Niacin (as niacinamide*)	6 mg	38%
Vitamin B6 (as pyridoxine-5 phosphate)	15.7 mg	924%
Folate (as (6S)-5-methyltetrahydrofolate, glucosamine salt)	900 mcg DFE	225%
Vitamin B12 (as methylcobalamin)	10 mcg	417%
Biotin*	150 mcg	500%
Pantothenic acid*	7 mg	140%
Calcium (from organic eggshell)	26 mg	2%
Iron**	6 mg	33%
Magnesium**	11 mg	3%
Zinc**	5 mg	45%
Selenium*	74 mcg	135%
Manganese*	1 mg	43%
Chromium*	200 mcg	571%

TCM Women's 40+ Once Daily Blend

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Bovine Liver, Organic Astragalus Root Extract, Organic Dong Quai Root Extract, Organic Schisandra Berry Extract, Chicken Bone Broth, Beef Bone Broth, Organic Lycium Berry Extract, Organic Chaste Tree Berry Extract, Organic Licorice Root Extract, Organic Ginkgo Leaf Extract, Organic Reishi Mushroom Extract, Wild Hake Roe

+ Daily Value (DV) not established.

Other ingredients: Saccharomyces cerevisiae, gelatin.

CONTAINS: Egg, Hake. *Probiotic Fermented Nutrient **Enzyme Activated Mineral (6S)-5-methyltetrahydrofolate, glucosamine salt is protected by **US Patent No. 7,947,662**

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.

Do not use if product has been opened or tampered with in any way.

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, or are otherwise under medical supervision. Store in a cool, dry place. Do not use if product has been opened or tampered with in any way. **Keep out of reach of children.** Contains no filler ingredients, artificial flavors, colors, sweeteners or preservatives.

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Manufactured for:



Ancient Nutrition, LLC
2000 Mallory Lane
Suite 130-307
Franklin, TN 37067

www.AncientNutrition.com



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