



FORMULATED FOR WOMEN



FEMALE MULTIPLE

ADVANCED PHYTONUTRIENT
MULTIPLE VITAMIN, MINERAL
AND HERBAL FORMULA FOR WOMEN

DIETARY SUPPLEMENT

3 TABLETS

SUITABLE FOR VEGANS
GLUTEN, WHEAT & DAIRY FREE



CAREFULLY MANUFACTURED BY:
SOLGAR, INC., 500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.



NOT FOR RETAIL SALE

For more information, call toll-free 1-877-SOLGAR 4 or visit us at www.solgar.com

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or poison control center immediately.

† Albion® is a registered trademark of Albion Laboratories

†† Some iron supplements cause gastrointestinal irritation and constipating effects. This unique form of chelated iron (iron bisglycinate) is formulated for enhanced absorption and is gentle on your system. Albion® is a registered trademark of Albion Laboratories.

††† Not Genetically Modified, Soy From Nature™

Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 1

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A4,500 mcg.....500% (as natural beta-carotene)		Copper1.5 mg.....167% (as copper glycinate chelate†)	
Vitamin C400 mg.....444% (as L-ascorbic acid niacinamide ascorbate)		Manganese2 mg.....87% (as manganese glycinate chelate†)	
Vitamin D10 mcg (400 IU).....50% (as ergocalciferol)		Chromium200 mcg.....571% (as chromium nicotinate glycinate chelate†)	
Vitamin E268 mg.....1,787% (as D-alpha-tocopheryl acid succinate)		Molybdenum50 mcg.....111% (as molybdenum glycinate†)	
Vitamin K (as phytonadione)20 mcg.....17%		Sodium15 mg.....<1%	
Thiamin50 mg.....4,167% (as thiamin mononitrate)		Potassium99 mg.....2% (as potassium amino acid complex†)	
Riboflavin50 mg.....3,846%		Citrus Bioflavonoid Complex100 mg.....*	
Niacin60 mg.....375% (as niacinamide ascorbate, niacin)		Inositol100 mg.....*	
Vitamin B650 mg.....2,941%		Paranthine7 mg.....*	
(as pyridoxine HCl)		Occabovylase6 mg.....*	
Folate1,333 mcg DFE.....333% (800 mcg folic acid)		Pyridoxal-5-Phosphate6 mg.....*	
Vitamin B12200 mcg.....8,333% (as cyanocobalamin)		Riboflavin-5-Phosphate6 mg.....*	
Biotin (as D-biotin)300 mcg.....1,000%		Boron500 mcg.....*	
Pantothenic Acid80 mg.....1,600% (as D-Ca pantothenate)		(as boron amino acid complex)	
Choline100 mg.....18% (as choline bitartrate)		Dong Quai Extract (4:1)25 mg.....*	
Calcium400 mg.....31% (as calcium carbonate glycinate chelate†, citrate)		(root) (Angelica sinensis)	
Iron (as iron bisglycinate ††)18 mg.....100%		Uva-Ursi Extract (4:1)25 mg.....*	
Iodine150 mcg.....100% (as potassium iodide)		(leaf) (Arctostaphylos uva ursi)	
Magnesium400 mg.....95% (as magnesium oxide, citrate, glycinate chelate†)		Chaste Extract (4:1) (berry)25 mg.....*	
Zinc30 mg.....273% (as zinc glycinate chelate†, histidine chelate†, oxide)		(Vitis aegae-castus)	
Selenium200 mcg.....364% (as L-selenomethionine)		American Ginseng Extract25 mg.....*	
		(root) (Panax quinquefolius) (standardized to contain 2.5 mg ginsenosides [10%])	
		Milk Thistle Extract (4:1)25 mg.....*	
		(seed) (Silybum marianum)	
		Black Cohosh Extract (4:1)25 mg.....*	
		(root) (Cimicifuga racemosa)	
		Soy Germ Extract†††25 mg.....*	
		Mixed Carotenoids172 mcg.....*	
		(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
		*Daily Value (DV) not established	

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Stearic Acid, Black Carrot Powder (color), Vegetable Magnesium Sulfate, Vegetable Glycerin, Titanium Dioxide (color), Mannitol, Natural Palm Leaf Glaze, Maltodextrin. Contains soy.

SUGGESTED USE: As a dietary supplement for adults, take three (3) tablets daily, preferably with a meal or as directed by a healthcare practitioner.

FREE OF: Gluten, Wheat, Dairy, Yeast, Sugar, Artificial Flavor and Preservatives.

Not intended for use by pregnant or nursing women. If taking any medications, planning any medical or surgical procedure, have any medical condition, or are planning to undergo any clinical lab testing, please consult your healthcare practitioner before taking any dietary supplement. Some supplements may interact with certain medications and/or interfere with certain lab tests. Avoid this product if you are allergic to ragweed or daisy-like flowers. Discontinue use and consult your healthcare practitioner if any adverse reactions occur, if you have a liver disorder or develop symptoms of liver trouble, such as abdominal pain, dark urine, or jaundice. Not intended for use by persons under the age of 18. Store at room temperature. Do not use if torn or damaged.

©2019 Solgar, Inc.

Prod 1069 SOLGB52795 04D 18-01069X3S LOT NO./EXP. DATE