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Prod 59198
SOLGB52795 05C 14-59198X3S

→ PEEL HERE

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 contain ingredients that may interact with certain medications or cause allergic reactions. Some individuals may be allergic to rye/grain or soy products. If you experience any allergic reactions, 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 inner seal is missing or damaged.

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.

† Abbot* is a registered trademark of Abbott 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. Abbot* is a registered trademark of Abbott Laboratories.

††† Not Genetically Modified. Soy From Nature™

For more information, call toll-free 1-877-SOLGAR 4

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SOLGAR®
Since 1947

FEMALE MULTIPLE

ADVANCED PHYTONUTRIENT
MULTIPLE VITAMIN, MINERAL
AND HERBAL FORMULA FOR WOMEN

DIETARY SUPPLEMENT

60 TABLETS
SUITABLE FOR VEGANS
GLUTEN, WHEAT & DAIRY FREE



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

Supplement Facts

Serving Size: 3 Tablets
Servings Per Container: 20

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as natural beta-carotene)	4,500 mcg...300%	Copper (as copper glycinate chelate)	1.5 mg...167%
Vitamin C (as L-ascorbic acid)	400 mg...444%	Manganese (as manganese glycinate chelate†)	2 mg...87%
Niacinamide (ascorbate)		Chromium (as chromium nicotinate glycinate chelate†)	200 mcg...571%
Vitamin D (as ergocalciferol)	10 mcg (400 IU)...50%	Sodium (as polydibrom glycolate†)	50 mcg...111%
Vitamin E (as D-alpha-tocopheryl succinate)	268 mg...1,787%	Potassium (as potassium amino acid complex)	15 mg...2%
Vitamin K (as Phytylquinone)	20 mcg...17%	Iron Bisglycinate Complex	100 mg
Thiamin (as thiamin mononitrate)	50 mg...4,167%	Inositol	100 mg
Riboflavin	50 mg...3,846%	Paritiline	7 mg
Niacin (as niacinamide ascorbate, niacin)	60 mg...375%	Coarboxylase	6 mg
Biotin (as pyridoxine HCl)	50 mg...2,941%	Pyridoxal-5-Phosphate	6 mg
Folate (800 mcg folic acid)	1,333 mcg DFE...333%	Biotin-5-Phosphate	6 mg
Vitamin B12 (as cyanocobalamin)	200 mcg 8,333%	Boron	500 mcg
Pantoic acid (as D-pantoic acid)	300 mg...1,000%	Calcium	400 mg
Pyridoxine (as D-Ca pantothenate)	80 mg...1,600%	Calcium Citrate	25 mg
Choline (as choline bitartrate)	100 mg...18%	Dog Quil Extract (4:1 root) (Apigella sinensis)	25 mg
Calcium (as calcium carbonate)	400 mg...31%	Uva-Ursi Extract (4:1 leaf) (Arctostaphylos uva ursi)	25 mg
Calcium Citrate	25 mg	Chaste Extract (4:1 berry)	25 mg
Iodine (as iron bisglycinate H ₂)	18 mcg...100%	Chaste Extract (4:1 berry)	25 mg
Iodine	100 mcg...100%	Chaste Extract (4:1 berry)	25 mg
Magnesium (as potassium iodide)	400 mg...95%	Chaste Extract (4:1 berry)	25 mg
Magnesium oxide, citrate, glycinate chelate†		Chaste Extract (4:1 berry)	25 mg
(as zinc glycinate chelate†)	30 mg...273%	Chaste Extract (4:1 berry)	25 mg
histidinone chelate†, (oxide)		Chaste Extract (4:1 berry)	25 mg
Selenium (as L-selenomethionine)	200 mcg...384%	Chaste Extract (4:1 berry)	25 mg

*Daily Value (DV) not established

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Stearic Acid, Black Carol Powder (color), Vegetable Magnesium Stearate, Vegetable Glycerin, Titanium Dioxide (color), Natural Palm Leaf Glaze, Maltodextrin, Contains soy.
SUGGESTED USE: As a dietary supplement for adults, take three (3) tablets daily, preferably with meals, as directed by a healthcare practitioner.
WARNING: This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.