

WHOLE-FOOD MULTIVITAMIN

PLUS VITAL MINERALS *for Women*

CONVENIENT INDIVIDUAL A.M. & P.M. DAILY PACKS

SUGGESTED USE: Adults, as a dietary supplement, take contents of two (2) packets daily with food. Alternatively, take contents of one (1) packet with breakfast and one (1) packet with dinner.

Supplement Facts

Serving Size: 8 Tablets
Servings Per Container: 30

	Amount Per Serving	%DV		Amount Per Serving	%DV
Calories	15		Dr. Mercola's Blend for Women's Health	1,142 mg	**
Total Carbohydrate	5 g	11%*	Cranberry (Fruit), Red Clover (Flggs), D-Mannose,		
Vitamin A (as Beta Carotene)	1,500 mcg	167%	Blueberry (Fruit), Broccoli (Whole Plant),		
Vitamin C (from Ascorbic Acid, Ascorbate, Magnesium and Calcium Ascorbate, Ascorbyl Palmitate)	500 mg	500%	Cauliflower (Whole Plant), Garlic (Bulb) Extract,		
Vitamin D3 (as Cholecalciferol)	125 mcg (5,000 IU)	625%	Beet (Root) Extract, D-lyxylmethane, Evening		
Vitamin E (as d-Alpha Tocopheryl Succinate (from Sunflower Oil))	134 mg	893%	Primrose Oil, Shatavari (Asparagus racemosus)		
Thiamin (Vitamin B1) (as Thiamin HCl)	3 mg	250%	(Root) Extract, Grape Skin Extract		
Riboflavin (Vitamin B2) (as Riboflavin-5-Phosphate)	3.4 mg	262%	L-Cysteine and N-Acetyl L-Cysteine	150 mg	**
Niacin (as Nicotinamide Ascorbate)	40 mg	250%	Biotin (from Biotin HCl)	114 mg	**
Vitamin B6 (as Pyridoxal-5-Phosphate)	4 mg	235%	Chitosan (Chitosan vulgaris)	100 mg	**
Folate	1,335 mcg DFE	334%	Inositol	100 mg	**
(800 mcg Folic Acid equivalent (from (RS)-5-Methyltetrahydrofolic Acid, Calcium Salt))			Lemon Bioflavonoid Complex	100 mg	**
Vitamin B12 (as Methylcobalamin)	100 mcg	4167%	Peppermint	100 mg	**
Biotin	900 mcg	3000%	Rose Hips	100 mg	**
Pantothenic Acid (from Calcium Pantothenate)	30 mg	600%	Silica	100 mg	**
Choline (from Choline Bitartrate and Dihydrogen Citrate)	140 mg	25%	Spirulina (Arthrospira platensis)	100 mg	**
Calcium (from Calcium Citrate-Malate and Ascorbate)	250 mg	19%	Apple Pectin	50 mg	**
Iodine (from Kelp)	200 mcg	133%	Bromelain	50 mg	**
Magnesium (from Magnesium Aspartate Chelate Complex and Ascorbate)	500 mg	119%	Grape Seed Extract and Pine Bark Extract Blend (Contains Proanthocyanidins)	50 mg	**
Zinc (from Zinc Aspartate Chelate)	15 mg	136%	PABA (Para-Aminobenzoic Acid)	50 mg	**
Selenium (from Selenium Amino Acid Chelate Complex)	200 mcg	364%	Hesperidin	35 mg	**
Copper (from Copper Amino Acid Chelate)	0.05 mg	6%	Rutin	25 mg	**
Manganese (from Manganese Amino Acid Chelate)	2 mg	87%	Glutamic Acid	20 mg	**
Chromium (from Chromium Amino Acid Chelate)	200 mcg	571%	Lutein (from Marigold (Tagetes erecta) (Flower))	6 mg	**
Molybdenum (from Molybdenum Amino Acid Chelate Complex)	100 mcg	222%	Lycopene (from Tomato (Fruit))	6 mg	**
Potassium (from Potassium Krebs Chelate and Amino Acid Chelate Complex)	100 mg	2%	Boron (from Boron Amino Acid Chelate Complex)	1.5 mg	**
			Zeaxanthin (from Marigold (Tagetes erecta) (Flower))	1 mg	**
			Strontium (from Strontium Citrate)	297 mcg	**
			Trace Elements (from Red Seaweed)	100 mcg	**
			Vanadium (from Vanadium Amino Acid Chelate Complex)	50 mcg	**

OTHER INGREDIENTS: Cellulose, Hydroxypropyl Cellulose, Coating (Hydroxypropyl Methylcellulose, Vegetable Glycerin).

DISTRIBUTED BY: NHP, 125 SW 3rd Place, Cape Coral, FL 33991 USA (877) 965-2696

KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF PACKETS ARE TORN OR DAMAGED.

IF YOU ARE NURSING, PREGNANT, TAKING MEDICATION OR HAVE A MEDICAL CONDITION, CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.



WHOLE-FOOD MULTIVITAMIN

PLUS VITAL MINERALS

- Convenient side by side individually wrapped packets for AM and PM dosing
- Contains whole food concentrates and a variety of essential vitamins, minerals, carotenoids, bioflavonoids, amino acids, enzymes, vegetables, fruits, and herbs
- Optimized formula for women's health with a special botanical blend†
- Includes essential minerals in high absorption, chelated form†
- Packet film is made from biodegradable, compostable cellulose
- Perfect for travel!

†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.

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value (DV) not established.

DR. MERCOLA®

WHOLE-FOOD MULTIVITAMIN

PLUS VITAL MINERALS

for Women

CONVENIENT INDIVIDUAL A.M. & P.M. DAILY PACKS

Dietary Supplement
30 Dual Packs • 240 Tablets



"I am passionate about formulating my products using a holistic approach for optimal health and wellness."

-Dr. Joseph Mercola



• **Premium Products** – Compare my ingredients to other leading brands. You'll see the pride taken in producing simple, high quality products you can trust.

• **My Mission** – Partner with leading charities committed to protect your right to achieve optimal health.

