



LongevityTM WOMEN

Whole Food Based Multivitamin
30,400 mg Whole Food Value
Up to 100x More than Other
Leading Brands for Maximum Energy

120 TABLETS | 1 MONTH SUPPLY

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size: 4 Tablets
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin A (as beta carotene) (6000 mcg).....	10,000 IU	667%
Vitamin C (as ascorbic acid, camu camu berry extract) ..	225 mg	250%
Vitamin D3 (as VitaShine TM vegan cholecalciferol) (25 mcg)	1000 IU	125%
Vitamin E (as d-alpha tocopheryl succinate) (166 mg) ..	200 IU	1107%
Thiamine (Vitamin B1) (as thiamine mononitrate, cocarboxylase)	31 mg	2583%
Riboflavin (Vitamin B2) (as riboflavin, riboflavin 5-phosphate)	34 mg	2616%
Niacin (as niacinamide, niacin)	100 mg	625%
Vitamin B6 (as pyridoxine HCl, pyridoxal-5-phosphate) ..	42 mg	2471%
Folate (as Quatrefolic [®] (6S)-5-Methyltetrahydrofolate, glucosamine salt)	400 mcg	100%
Vitamin B12 (as methylcobalamin)	200 mcg	8333%
Biotin (as d-biotin)	1000 mcg	3333%
Pantothenic acid (as d-calcium pantothenate)	90 mg	1800%
Calcium (as Calcium citrate, d-calcium pantothenate) ..	150 mg	12%
Iodine (from North Atlantic kelp)	150 mcg	100%
Magnesium (as Magnesium oxide, citrate)	200 mg	47%
Zinc (as Zinc lactate)	15 mg	136%
Selenium (as Selenium l-methyl selenocysteine)	200 mcg	364%
Copper (as Copper sebacate)	1 mg	111%
Manganese (as Manganese citrate)	2 mg	87%
Chromium (as Chromium polynicotinate)	200 mcg	571%
Molybdenum (as Molybdenum glycinate)	75 mcg	167%
Potassium (as Potassium citrate)	30 mg	<2%

SuperFood Complex 943.8 mg *

Chlorella, Organic Spirulina, Organic Oat grass juice extract, Organic North Atlantic kelp (stem and leaf), Sodium copper chlorophyllin

Herbal Extracts 550 mg *

Attractylodes extract (root), Codonopsis extract (root), Dong quai extract (root), Longan extract (fruit), White peony extract (root), Chaste tree extract (fruit), Lovage extract (root), Green tea extract (leaf), Aged tangerine extract (peel)

	Amount Per Serving	%DV
Co-Nutrients	410.3 mg	*
Mixed tocopherol complex, Sunflower lecithin (source of phosphatidylcholine), Inositol, Octacosanol		
Antioxidants	265 mg	*
N-Acetyl-Cysteine, Acetyl-L-Carnitine, MSM, Gamma oryzanol, L-Carnosine, R-Alpha-lipoic acid		
Female Support Factors	231 mg	*
Organic Kudzu extract (root), Ipriflavone, German chamomile extract (flower), Raspberry extract (leaf), Lycopene		
Immune Factors	200 mg	*
Agaricus blazei murrill extract (fruiting body), Cordyceps extract (mycelia), Aloe vera extract (leaf), Maitake extract (fruiting body), Turkey tail extract (fruiting body), Reishi extract (mycelia), Shiitake extract (fruiting body), Laminaria japonica extract		
Bioflavonoids	100 mg	*
Hesperidin (from citrus sinensis), Quercetin (from Japanese Sophora bud extract), Rutin extract (from Sophora japonica L. bud)		
Fruit Extracts	90 mg	*
Rosemary extract (leaf), Mangosteen fruit extract, Strawberry, Blueberry, Blackberry, Cranberry, Grape, Pomegranate, and Acerola cherry fruit extracts, Organic Bilberry extract (fruit)		
Detoxification & Liver Support	80 mg	*
Milk thistle extract (fruit and seed)		
Digestive Aids/Enzymes	26.5 mg	*
Protease, Amylase, Cellulase, Lactase, Lipase, Invertase, Black pepper fruit extract (BioPerine [®])		
Carotenoids	4.7 mg	*
Lutein (FloraGLO [®]), Astaxanthin, Zeaxanthin		
Minerals	4 mg	*
Boron (as Boron glycinate), Bamboo extract (stem and leaf), Vanadium (as Vanadium glycinate)		

*Daily Value (DV) not established.

Other Ingredients: silicon dioxide, stearic acid, croscarmellose sodium, cellulose, l-leucine

Formulated & Distributed By
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LongevityTM Women is a complete nutritional solution that delivers optimal potencies of vitamins and minerals with the world's most powerful blend of rejuvenating, energizing SuperFoods, adaptogens and Superior Herbs. It also adds trace minerals, mushrooms, fruit extracts, antioxidants and co-nutrients. Its whole food equivalent (amount of extract times extract ratio) of 30,400 mg is up to 100 times more than other leading brands – creating a difference you'll actually feel from day one.* It supports:

- ✓ Bone Health*
- ✓ Immune Health*
- ✓ Vision Health*
- ✓ Cellular Health*
- ✓ Robust Energy Levels & Vitality*

Suggested Use: Two tablets, twice daily or four tablets, once daily. May be used with or without meals.

Storage: Keep closed in a cool, dry place.

Caution: Keep all supplements out of children's reach.

Does NOT Contain: wheat, milk, tree nuts, peanuts, soy, eggs, fish, shellfish

* 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.

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EXPIRATION & LOT #

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