

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Inositol	30 mg	Cinnamon Powder	100 mg
Choline (bitartrate)	120 mg	Tomato Powder	10 mg
Lutein/Zeaxanthin (from Lutemax™ 2020)		Enzyme blend (Papain, Bromelain,	
(from <i>Tagetes erecta</i>).....	3.75 mg	Lipase, Protease, Amylase) 30 mg	
Bilberry	50 mg	Betaine HCl	25 mg
Pomegranate powder	15 mg	Ginger Root Extract	60 mg
Alpha Lipoic Acid	50 mg	Boron	3,000 mcg
Grapeseed extract	20 mg	Vanadium	2 mcg
Soy (non-GMO)	30 mg		
Cranberry (CranMax®)	25 mg		
Lemon Bioflavonoid			
Complex	200 mg		

Other Ingredients: Cellulose, modified cellulose gum, stearic acid (vegetable source), magnesium stearate (vegetable source), silica, cinnamon oil, glycerin.

SUGGESTED USE: Take 3 tablets daily, preferably with food.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.

 Lutemax™ 2020 trademark belongs to OmniActive Health Technologies Ltd.

*CRAN-MAX® and CRAN-MAX® logotype are used under license with permission of their proprietor.

WE GUARANTEE OUR SUPPLEMENTS FOR POTENCY AND PURITY
To report a serious adverse event, call 1-888-710-0006

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 center immediately.

FOOD RICH WOMEN'S 45+ MULTI

Nutritional Support for the Mature Woman

Dietary Supplement

90 VEGETARIAN TABLETS



Supplement Facts

Serving Size 3 Tablets

Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene)	5,000 IU 100%
Vitamin C (as ascorbic acid)	300 mg 500%
Vitamin D3 (as cholecalciferol)	400 IU 100%
Vitamin E (d-alpha tocopheryl succinate)	75 IU 250%
Thiamin (as thiamin mononitrate)	60 mg 4000%
Riboflavin	60 mg 3529%
Niacin (as nicotinic acid)	20 mg 100%
Vitamin B6 (as pyridoxine HCl)	60 mg 3000%
Folic Acid	800 mcg 200%
Vitamin B12 (as cyanocobalamin)	400 mcg 6667%
Biotin	600 mcg 200%
Pantothenic acid (as d-calcium pantothenate)	50 mg 500%
Calcium (from calcium citrate)	240 mg 24%
Iron (from ferrous fumarate)	10 mg 56%
Iodine (from potassium iodide)	150 mcg 100%
Magnesium (from magnesium oxide)	240 mg 60%
Zinc (from zinc oxide)	15 mg 100%
Selenium (from L-Selenomethionine)	200 mcg 286%
Copper (from cupric oxide)	2 mg 100%
Manganese (from manganous gluconate)	2 mg 100%
Chromium (from chromium chloride)	200 mcg 167%
Molybdenum (from sodium molybdate)	45 mcg 60%

KEEP OUT OF REACH OF CHILDREN.

VL 537-90H

