

This product has been manufactured and packaged in strict conformance with industry and government standards.

POIL-TAMPER RESISTANT SEAL
If printed heat induced seal appears to be tampered with, do not use product.
Directions: Adults, take one tablet daily as a dietary supplement, preferably with a meal.

Warning: If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose, call a doctor or Poison Control Center immediately.

This statement has not been evaluated by the Food and Drug Administration. The product is not intended to diagnose, treat, cure or prevent any disease.

Store in a dry place under controlled room temperature: 20°-25°C (68°-77°F).
Keep Out of the Reach of Children.

nature's measure[®]

Women's Daily Vitamins

Supports general wellness*

DIETARY SUPPLEMENT

30 tablets

Implement Facts

100

	Amount Per Serving	%DV
Iron	535 mcg	59%
Vitamin E (as Beta Carotene)		
Vitamin E	10 mg	11%
(Ascorbic Acid)		
Vitamin C	10 mcg(400IU)	50%
(Sodium)		
Sodium	6 mg	40%
(Calcium Acetate)		
Calcium Acetate (E1)	1.5 mg	125%
Vitamin B1	1.7 mg	131%
Vitamin B3	20 mg	125%
Vitamin B6 (as Pyridoxine HCl)	2 mg	118%
Vitamin B12 (as 500 mcg Folic Acid)		167%
Vitamin B12	6 mcg	250%
(Vitamin B12)		
Vitamin B12	10 mg	200%
(Calcium Phosphate)		
Calcium Phosphate	39 mg	3%
(Calcium Fumarate)		
Calcium Fumarate	18 mg	100%

NOTE

19700J/5-21

Other Ingredients:
Microcrystalline
Cellulose

Croscarmellose Sodium,
 Stearic Acid, Magnesium
 Stearate, Silica,
 Magnesium Silicate,
 Sucrose, Titanium
 Dioxide, Polyethylene
 Glycol, Polyvinyl-Pyrrol-
 idone, Mineral Oil, FD&C
 Yellow #5 Lake**
 Sodium Ascorbate,
 Triacetin, FD&C
 Yellow #5 Lake, Mixed
 Tocopherols, Glucose,
 Sodium Benzoate,
 Sorbic Acid and BHT.
 **contains FD&C Yellow
 #5 (Tartrazine) as a
 color additive.

**GUARANTEED
NO ADDED:**

**Yeast, Soy, Wheat,
Dairy, Egg, Fragrance.**

DPE Dietary Folate Equivalent

Supplement Facts

1000

	Amount Per Serving	%DV
Item A	535 mcg	100%
(a Retyl Acetate & 17% as Beta Carot		
Item C	10 mg	%
(a Ascorbic Acid)		
Item D	10 mcg(400IU)	%
Diclofenac)		
Item E	.6 mg	%
(a d-Alpha Tocopheryl Acetate)		
Triamc Mononitrate (B1)	1.5 mg	%
Valium (B2)	1.7 mg	%
Nicotine (B3)	20 mg	%
Item B5 (a Pyridoxine HCl)	2 mg	113%
Item B7 mg DFE (400 mcg Folic Acid)		167%
Item B12	6 mcg	250%
(a Cholecalciferol)		
Aspiric Acid	10 mg	200%
(a Calcium Pantothenate)		
Calcium	39 mg	3%
(a Calcium Phosphate)		
Item (a Ferrous Fumarate)	18 mg	100%

LOS REC. DATE

19790 J/5-21

Other Ingredients:
Microcrystalline
Cellulose

Croscarmellose Sodium,
Stearic Acid, Magnesium
Stearate, Silica,
Magnesium Silicate,
Sucrose, Titanium
Dioxide, Polyethylene
Glycol, Polyvinyl-Pyrro-
lidone, Mineral Oil, FD&C
Yellow #5 Lake,
Sodium Ascorbate,
Triglycerides, FD&C
Yellow #6 Lake, Mixed
Tocopherols, Glucose,
Sodium Benzoate,
Sorbic Acid and BHT.
**contains FD&C Yellow
#5 (Tartrazine) as a
color additive.

**GUARANTEED
NO ADD:**

Yeast, Soy, Wheat,
Dairy, Egg, Fragrance.

DFE: Dietary Folate Equivalent