

Natures Measure™

Women's Essential Vitamins

Dietary Supplement
Complete multivitamin
for a woman's nutrition*

**Plus
IRON**

30 TABLETS

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	%DV
Vitamin A.....	2000 IU	40%
(Acetate and Beta Carotene)		
Vitamin C (Ascorbic Acid).....	10 mg	17%
Vitamin D-3 (Cholecalciferol).....	400 IU	100%
Vitamin E.....	12.5 IU	42%
(dl-Alpha Tocopheryl Acetate)		
Thiamine Mononitrate (B-1).....	1.5 mg	100%
Riboflavin (B-2).....	1.7 mg	100%
Niacinamide (B-3).....	20 mg	100%
Vitamin B-6 (Pyridoxine HCL).....	2mg	100%
Folate (Folic Acid).....	400 mcg	100%
Vitamin B-12.....	6 mcg	100%
(Cyanocobalamin)		
Pantothenic Acid.....	10 mg	100%
(Calcium Pantothenate)		
Iron (Ferrous Fumarate).....	18 mg	100%

LOT/EXP. DATE: **14074J/7-17**

Other Ingredients: Dicalcium Phosphate, stearic acid, croscarmellose sodium, gelatin, starch, silica, microcrystalline cellulose, magnesium stearate, hypromellose, magnesium silicate, sucrose, titanium dioxide, polyethylene glycol, polyvinylpyrrolidone, 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 ADDED: Yeast, soy, wheat, dairy, egg, fragrance.

Facts

Vitamin A.....	100%
Vitamin C.....	100%
Vitamin D-3.....	100%
Vitamin E.....	100%
Thiamine.....	100%
Riboflavin.....	100%
Niacin.....	100%
Vitamin B-6.....	100%
Folate.....	100%
Vitamin B-12.....	100%
Pantothenic Acid.....	100%
Iron.....	100%

Other Ingredients: Dicalcium Phosphate, stearic acid, croscarmellose sodium, gelatin, starch, silica, microcrystalline cellulose, magnesium stearate, hypromellose, magnesium silicate, sucrose, titanium dioxide, polyethylene glycol, polyvinylpyrrolidone, mineral oil, FD&C yellow #5 lake*, sodium ascorbate, triglycerides, FD&C yellow #6 lake, mixed tocopherols, glucose, sodium benzoate, sorbic acid and BHT.

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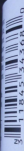
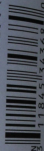
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WARNING: Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or a poison control center immediately.

*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.

Product #11272
DISTRIBUTED BY:
GREENBRIER
INTERNATIONAL, INC.,
CHESAPEAKE, VA 23329
MADE IN USA

Questions? Comments?
1-888-860-5376



QUALITY GUARANTEED

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

FOIL - 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.

Store in a dry, controlled room environment.

Keep Out of the Reach of Children.

Please Recycle