

WOMEN'S

IRWIN NATURALS® Living Green Liquid-Gel Multi™



Whole Food Concentrates
with Folic Acid,
Omega 3 Oils & Cranberry

90 LIQUID SOFT-GELS
DIETARY SUPPLEMENT

Directions (Adult): Take three (3) liquid soft-gels per day in divided doses with food and a glass of water.

Supplement Facts

Serving Size: 3 Liquid Soft-Gels

Servings Per Container: 30

	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene)	5001 IU	100%	Biotin	15 mcg
Vitamin C (as Ascorbic Acid)	250 mg	417%	Pantothenic Acid (as d-Calcium Pantothenate)	20 mg
Vitamin D (as Vitamin D3)	400 IU	100%	Calcium (as Calcium Citrate)	50 mg
Vitamin E (as d-Alpha Tocopherol)	200 IU	667%	Magnesium (as Magnesium Amino Acid Chelate)	25 mg
Thiamin (as Thiamine Mononitrate)	20 mg	1333%	Zinc (as Zinc Oxide)	15 mg
Riboflavin	20 mg	100%	Selenium (as L-Selenomethionine)	75 mcg
Niacin (as Nicotinamide)	20 mg	100%	Copper (as Copper Amino Acid Chelate)	2 mg
Vitamin B6 (as Pyridoxine Hydrochloride)	20 mg	1000%	Manganese (as Manganese Ascorbate)	2 mg
Folic Acid	600 mcg	150%	Chromium (as Chromium Polynicotinate)	120 mcg
Vitamin B12 (as Methylcobalamin)	60 mcg	1000%	Molybdenum (as Molybdenum Amino Acid Chelate)	225 mcg
Crucial Oil Complex	2,510 mg	†	Stress Support Blend	21 mg
Fish oil (30% Omega 3 fatty acids (EPA/DHA), Flax Seed oil (50% ALA), Evening Primrose oil (5% GLA)(seed)			Ashwagandha powder (root), Astragalus (Astragalus membranaceus) powder (root), Bupleurum (Bupleurum chinense) powder (root)	
Antioxidant Blend	60 mg	†	Green Super Food Blend	9 mg
Acid (Euterpe oleracea) Berry extract (4:1), Grape Seed extract (95% proanthocyanidins), Green Tea extract (50% polyphenols)(leaf), Resveratrol, White Tea extract (90% polyphenols)(leaf)			Barley Grass powder, Chlorella powder, Spirulina (Arthrospira platensis) powder	
Fruit and Vegetable Botanical Powder Blend	60 mg	†	Energy Blend	24 mg
Alfalfa (leaf), Asparagus (aerial), Beet (root), Blueberry (Vaccinium angustifolium)(fruit), Broccoli (aerial), Brussels Sprouts (Brassica oleracea var. gemmifera)(aerial), Cabbage (Brassica oleracea var. capitata)(aerial), Carrot (Daucus carota ssp. sativus)(root), Collards (aerial), Garlic (bulb), Ginger (root), Grape (fruit), Grapefruit (fruit), Kelp (Laminaria sp.), Lemon (fruit), Onion (bulb), Papaya (fruit), Pineapple (fruit), Spinach (leaf), Tomato (fruit)			American Ginseng powder (root), Asian Ginseng powder (root), Monkshood	
Immune Support Blend	54 mg	†	Memory & Concentration Blend	18 mg
Cat's Claw powder (bark), European Elder Berry powder, Garlic powder (bulb)			Ginkgo powder (leaf), Phosphatidylserine	
Amino Acid Blend	54 mg	†	Women's Targeted Blend	135 mg
L-Histidine Hydrochloride, L-Isoleucine, L-Leucine, L-Lysine Hydrochloride, L-Methionine, L-Phenylalanine, L-Threonine, L-5-Hydroxytryptophan, L-Valine			Com Silk powder, Cranberry (Vaccinium macrocarpon) powder (fruit), Milk Thistle powder (seed)	
			Bioperine Complex	6 mg
			Bioperine® Black Pepper extract (95% piperine)(fruit), Ginger extract (5% zingiberols)(root)	

Other Ingredients: Gelatin, glycerin, purified water, beeswax, soy lecithin oil, titanium dioxide, turmeric and sodium copper chlorophyllin. Contains: Soy, Fish (anchovy, sardine).

BIO-PERINE® is a registered trademark of Sabinsa Corporation. No preservatives added.

Women's Living Green Liquid-Gel Multi sets a new standard in today's world of low nutrition and high stress. Using powerful botanicals from whole living plants, this is not a one-size-fits-all formula... it's targeted to benefit the unique nutrition profile of women.* For example, it contains Folic Acid, Omega 3 Oils and Cranberry.

But most importantly, it's one of the world's only plant based multi-nutrition formulas that is delivered in a liquid soft-gel. So what does that mean to you? The nutrients in soft-gels are quickly released for use in your body, they're easier to swallow and they do not contain binders and fillers found in tablets, so there's more room for life-giving nutrients. But the greatest benefit of soft-gels is that they can hold special oils, such as Omega 3 Essential Fatty Acids (EFAs). This breakthrough formula combines over 100 nutrients, vitamins and minerals that cover the following 12 categories:

ONE: Full-Spectrum Vitamins	SEVEN: Amino Acid Blend
TWO: Minerals	EIGHT: Stress Support Blend
THREE: Crucial Oils	NINE: Green Super Foods
FOUR: Antioxidant Blend	TEN: Energy Nutrients
FIVE: Fruit and Vegetable Blend	ELEVEN: Memory/Concentration Nutrients
SIX: Immune Support Nutrients	TWELVE: Women's Targeted Blend

DISTRIBUTED, FORMULATED AND QUALITY TESTED BY:
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QUESTIONS: Call Nutritional Support 1-800-297-3273

Weekdays 7:30 AM to 4:30 PM (PST) • Questions@IrwinNaturals.com

Usage Warning: Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication or have any medical conditions. Do not use if you are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any diseases.

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