

Suggested Usage: Take 4 capsules daily with food.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.



CAPSULE SIZE

CODE 3798B V9



EVETM

Capsules

IRON-FREE

Superior Women's Multi

- With Cranberry, Alpha Lipoic Acid & CoQ10
- Plus Superfruits - Pomegranate, Acai & Mangosteen

120 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Supplement Facts

Serving Size 4 Veg Capsules Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin A (100% as Beta-Carotene)	3,000 mcg	333%
Vitamin C (from Calcium Ascorbate and Ascorbyl Palmitate)	300 mg	333%
Vitamin D (as Ergocalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (as d-alpha Tocopheryl Succinate)	134 mg	893%
Vitamin K (as Menaquinone K2 and Phytonadione K1)	80 mcg	67%
Thiamin (Vitamin B-1) (from Thiamin HCl)	25 mg	2083%
Riboflavin (Vitamin B-2)	25 mg	1923%
Niacin (Vitamin B-3) (as Niacinamide and from Inositol Hexanicotinate)	30 mg	188%
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25 mg	1471%
Folate	1,360 mcg DFE (800 mcg as folic acid)	340%
Vitamin B-12 (as Methylcobalamin)	200 mcg	8333%
Biotin	300 mcg	1000%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	50 mg	1000%
Choline (from Choline Bitartrate)	25 mg	5%
Calcium [from Calcium Carbonate (Aquamin® TG Seaweed Derived Minerals) and Calcium Ascorbate]	250 mg	19%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Citrate and Aquamin® TG Seaweed Derived Minerals)	100 mg	24%
Zinc (from Zinc Bisglycinate) (TRAACS™)	15 mg	136%
Selenium (from L-Selenomethionine)	200 mcg	364%
Copper (from Copper Bisglycinate) (TRAACS™)	1 mg	111%

Vitamins

Family owned since 1968.

Manganese (from Manganese Bisglycinate) (TRAACS™)	2 mg	87%
Chromium (from Chromium Picolinate)	120 mcg	343%
Molybdenum (from Sodium Molybdate)	75 mcg	167%
Potassium (from Potassium Chloride)	25 mg	< 1%
Cranberry (Vaccinium macrocarpon) (Fruit)	100 mg	†
Pomegranate Extract (Fruit)	50 mg	†
Organic Acai (Euterpe oleracea) (Fruit Skin and Pulp)	50 mg	†
Mangosteen Extract (Fruit Peel) (Garcinia mangostana)	50 mg	†
CoQ10 (Coenzyme Q10)	30 mg	†
Alpha Lipoic Acid	30 mg	†
Inositol	25 mg	†
Organic Aloe Vera (Leaf) (Concentrate)	25 mg	†
Lycopene (from Tomato Extract)	500 mcg	†
Lutein (from Marigold Flowers Extract) (Tagetes erecta) (FloraGLO®)	500 mcg	†

† Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Microcrystalline Cellulose, Stearic Acid (vegetable source) and Silicon Dioxide.

Vitamin E from non-GMO soy.

Manufactured & Quality Tested by NOW FOODS
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nowfoods.com

Not manufactured with wheat, gluten, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

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