Vitamin D3

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Vitamin D3 (as cholecalciferol)	25 mcg (1000 IU)	125%

OTHER INGREDIENTS: Safflower oil, gelatin, glycerin, purified water.

B-Complex 100

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Thiamin (Vitamin B1) (as thiamin hydrochloride)	100 mg	8333%
Riboflavin (Vitamin B2)	100 mg	7692%
Niacin (as niacinamide)	100 mg	625%
Vitamin B6 (as pyridoxine hydrochloride)	100 mg	5882%
Folate	680 mcg DFE (400 mcg folic acid)	170%
Vitamin B12 (as methylcobalamin)	100 mcg	4167%
Biotin (as d-biotin)	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	2000%
Choline (as choline bitartrate)	50 mg	9%
Inositol	100 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline cellulose, dicalcium phosphate, croscarmellose sodium, stearic acid, aqueous coating, silicon dioxide, magnesium stearate, natural vanilla flavor.

Chelated Cal Mag

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Calcium (as calcium carbonate, amino acid chelate)	500 mg	38%
Magnesium (as magnesium oxide, amino acid chelate)	250 mg	60%

OTHER INGREDIENTS: Microcrystalline cellulose, aqueous coating (hypromellose, titanium dioxide, polyethylene glycol, hydroxypropyl cellulose, stearic acid, microcrystalline cellulose, polysorbate), stearic acid, croscarmellose sodium, magnesium stearate.

DIRECTIONS: Take one Women's Complete Vitamin Pack daily with a meal.

DOES NOT CONTAIN: Gluten, Salt, Preservatives, Artificial Colors or Flavors.

WARNING: Consult your healthcare provider prior to use if you are taking any medication or have any medical conditions.

˅ 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.

Natural variability in color and size may occur in this product. This does not reflect a variation in potency.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

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The Vitamin Shoppe, Secaucus, NJ 07094
Visit www.vitaminshoppe.com or call 1-866-293-3367.

QUALITY PROMISE TESTED & TRUSTED™

Gluten-Free

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One Daily Women's Multi provides a convenient, full daily serving or more of many essential vitamins and minerals.˅

Omega 3 Fish Oil provides EPA and DHA to help support cardiovascular, brain and eye health.˅

Chelated Cal Mag Chelated Cal Mag formula to help support strong, healthy bones.˅

Vitamin C 1000 with Rose Hips 1000 mg to help with immune, cardiovascular and antioxidant support.˅

B-Complex 100 B-Complex formula helps support energy production, nervous system function and nutrient metabolism.˅

Vitamin D3 Vitamin D3 delivers 25 mcg (1000 IU) for bone health and immune support.˅

Pills Shown Actual Size

Women's Complete Vitamin Packs provide you with the nutrients you need to get through your busy day. Our convenient, once-daily pack supports a woman's needs, with a high potency combination of vitamins, minerals, antioxidants, herbs and more to help fill nutritional gaps.˅

THE VITAMIN SHOPPE®

WOMEN'S COMPLETE

VITAMIN PACKS

30 DAY
INDIVIDUALLY WRAPPED PACKS

- energy production˅
- immune support˅
- antioxidant support˅
- women's health˅

WOMEN'S

Dietary Supplement

30 Packets

Daily Multivitamin

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	1500 mcg (5000 IU)	167%
Vitamin C (as ascorbic acid)	100 mg	111%
Vitamin D3 (as cholecalciferol)	50 mcg (2000 IU)	250%
Vitamin E (as d-alpha tocopheryl succinate)	20 mg (30 IU)	133%
Vitamin K (as phytonadione)	50 mcg	42%
Thiamin (Vitamin B1) (as thiamin mononitrate)	10 mg	833%
Riboflavin (Vitamin B2)	10 mg	769%
Niacin (Vitamin B3) (as niacinamide)	20 mg	125%
Vitamin B6 (as pyridoxine HCl)	10 mg	588%
Folate	1360 mcg DFE (800 mcg folic acid)	340%
Vitamin B12 (as cyanocobalamin)	25 mcg	1042%
Biotin (as d-biotin)	600 mcg	2000%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%
Choline (as choline bitartrate)	50 mg	9%
Calcium (as calcium carbonate, dicalcium phosphate)	200 mg	15%
Iodine (from kelp)	150 mcg	100%
Magnesium (as magnesium oxide)	100 mg	24%
Zinc (as zinc sulfate)	15 mg	136%
Selenium (as selenium amino acid complex)	55 mcg	100%
Copper (as copper sulfate)	1 mg	111%
Manganese (as manganese sulfate)	2 mg	87%
Chromium (as chromium picolinate)	120 mcg	343%
Molybdenum (as molybdenum amino acid chelate)	80 mcg	178%
Potassium (as potassium chloride)	75 mg	2%
Cranberry Concentrate	400 mg	*
Inositol	25 mg	*
Boron (as boron amino acid complex)	1 mg	*
Lutein	250 mcg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline cellulose, aqueous coating, croscarmellose sodium, stearic acid (vegetable source), silicon dioxide, magnesium stearate (vegetable source), titanium dioxide (color), spirulina extract (color).

Omega 3 Fish Oil

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Calories	10	
Total Fat	1 g	1%†
Cholesterol	<5 mg	<1%†
Vitamin E (as d-alpha tocopherol)	3 mg (5 IU)	20%
Fish Oil Concentrate providing:	1000 mg	*
EPA (Eicosapentaenoic Acid)	300 mg	
DHA (Docosahexaenoic Acid)	200 mg	

† Percent Daily Values are based on a 2,000 calorie diet.
* Daily Value not established.

OTHER INGREDIENTS: Gelatin, glycerin, purified water.
CONTAINS: Fish (anchovy, sardine, mackerel).

Vitamin C with Rose Hips

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	1000 mg	1111%
Rose Hips (*Rosa canina*)(fruit)	10 mg	*

*Daily Value not established.

OTHER INGREDIENTS: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silicon dioxide, aqueous coating.